

# In the Balance

Massage news and tips for your good health  
920-756-2581 Touch Of Tranquility, LLC Your Partner in Health Nr. 4

## It's your massage

### Partnering with your massage therapist

An effective massage requires a partnership. We massage therapists are in charge of giving our clients the best massage possible. And you are in charge of relaxing the best you know how in whatever ways work for you. So we like you to communicate what feels good and what isn't so great.

### *A lot goes on in a massage session*

The first thing that we tend to think of in massage is pressure. Do you sometimes feel like shrinking away from a touch that's too deep or fast? Do you ever feel frustrated because the technique feels too light or not specific enough? We would love to know so we can adjust to meet your needs. We have a lot of tricks up our sleeve.

If you are too cold, it is easy to turn up the heat. If you are uncomfortable on the table, you can shift to another position or be supported with extra pillows. If you don't like an oil or lotion, there is probably something else on hand that you will like better. Would you like the music louder or softer — or turned off completely?

### *Help yourself relax*

Try ignoring concerns about yawning or stomach gurgling. These are expected, even welcomed, during sessions because they are signs you are letting go of tension.



*Giving feedback to your practitioner about how a massage feels allows him or her to adjust to meet your needs.*

### *After your massage*

You can help extend the benefits for your continued health and relaxation even after your massage. Drink plenty of water. It helps carry away waste products that can be released from your muscles during a massage, and your muscles may feel less sore and fatigued.

If you are a little sore or if the massage didn't relieve all your aches and pains, take a hot shower or hot bath with Epsom salts when you get home. Don't forget to relate your experience in your next session, so the pressure can be adjusted if need be. To extend the benefits of your sessions, keep up an exercise program, remembering that you don't have to be a super athlete. Walking for 30 minutes, taking a tai chi class, or moving to music around your living room keeps your circulation moving and oxygenates your muscles. ❖



*If you are sore after a massage, remember to tell your practitioner at the next session.*

### **If you are ill, postpone!**

If you have a fever or an infectious sickness, even a common cold, there is good reason to postpone your appointment. For one thing, you may find that touch does not feel good. Second, your immune system is working hard to control and isolate the infection, and it's possible massage could hinder this process. Even if massage sounds good to you, some people feel worse after receiving a massage when they are sick.

There is also a good chance your infection is contagious in the first stages. This is usually when you are feeling the worst, or are coughing and sneezing frequently. The more you limit your contact with others, the less you will spread it around. If you don't pass a cold to your practitioner, she or he won't give it to other clients.

When you catch the cold or flu, let yourself rest and drink plenty of liquids. Then enjoy your next massage in good health!

Touch Of Tranquility, LLC  
Professional Massage Therapy  
Vineta Caune-Meyer  
211 Washington St.  
Brillion, WI- 54110



## The cumulative effects of massage

### Reduce pain from chronic conditions

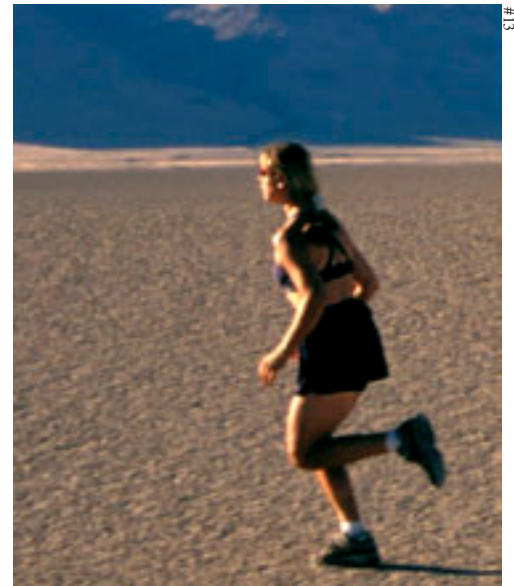
Aah...you finally got in for your massage. As you relaxed, your headache or low-back pain receded. You also may have noticed your anxieties weren't hammering at you like they were when the massage began.

Like many of us, you may have experienced those times when a single massage provided amazing, short-term relief from pain or stress. But as you returned to your normal activities, the chronic pain and tension came creeping back over time, contributing to headaches or flare-ups of fibromyalgia, TMJD or old injuries.

Your chronic discomforts and conditions can actually improve long term with a series of massage sessions. With regular massage, you may also notice that you don't feel the effects of excess stress as much or that, due to increased body awareness, you use your body in ways that cause less strain. You may observe that your old pain patterns aren't kicking in to the degree that they used to. Gradually, you may enjoy an increased sense of overall well-being and the awareness of what it feels like to be truly relaxed. ❖



*Regular massage sessions can lead to an improvement in fibromyalgia, TMJD and other painful conditions.*



*After Olympic runner Deena Drossin developed a severe case of Achilles tendonitis that prevented her from competing in the Sydney 2000 Olympics, she began receiving regular massage treatments. "Massage, stretching, diet, and rest are the four components that allow you to get the most out of training," Drossin said.*

*—From the Denver Post*