

# The Art of Stretching: Get a Thai Massage!

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If you have received a professional massage before, chances are your massage therapist has probably shown you a few stretches to do at home. But why stretch? As you age, your muscles tighten and flexibility is minimized, thus causing you to become more prone to injury. Simple everyday tasks such as driving or reaching for your cereal box on top of the refrigerator can become difficult. Not stretching can affect your daily lifestyle and routines. If you don't have a stretching routine, or want to add a wellness component to your lifestyle that will lengthen your muscles- Thai massage is the quintessential stretching massage.

The combination of energetic and physical aspects is what makes Thai Massage unique and so effective. Traditional Thai massage is really a deep, full-body treatment, starting at the feet and progressing up to the head. Using a sequence of gentle, flowing exercise movements, the recipient's body is moved, loosened and stretched (some stretch applications linked to Yoga) of the joints and the muscles. This unique type of massage influences the energetic side as well, restoring the flow of energy throughout the body with applied acupressure on the energy lines of the body, aimed at harmonizing and energizing.

Believed to be over 2000 years old, traditional Thai massage is an authentic healing art and unique form of body therapy developed by people who used massage not only as a therapeutic method of healing to treat illnesses, but to maintain health and well-being.

It is the combination of yoga stretching, calmness of meditation, with acupressure, exercise movement and reflexology that makes it a healing art. It is worked on a floor with the client dressed in comfortable loose clothing. Thai method uses mainly point pressure and muscle stretching. And it is not just the hands that are used to free tension stored in the recipient's body, but the feet and elbows are used as well. Some of the innumerable physical, mental, psychological benefits With a daily stretching routine, you can keep the body more limber and youthful. It can also help you:

- ✓ **Reduce muscle tension;** elongating your tight muscles will help reduce tension.
- ✓ **Improve joint range of motion;** good range of motion keeps you in better balance.
- ✓ **Improve circulation;** stretching increases blood supply to the muscles and joints, which keeps them supple and healthy.
- ✓ **Increase energy levels;** with an increase in circulation, an increase in energy level follows.
- ✓ **Improve posture;** our daily activities, such as driving, causes our shoulders to roll forward. Stretching can help keep your shoulders back for better posture.
- ✓ **Enhance mental and physical relaxation;** stretching allows you to become more aware of areas in your body that are tense from stress and helps you relax them. This helps relax the mind as well.
- ✓ **Prevent injury and speed up recovery;** Stretching helps condition the muscles and joints, therefore helping to avert injuries and reduce recovery time.
- ✓ **Increase the length of relaxed muscles**
- ✓ **Increase metabolism and endurance**
- ✓ **Assist in achieving better coordination, muscle power and proper technique**
- ✓ **Enables your body to perform more with less energy**

Stretching can be done by all ages and should be done regardless if you exercise or not. It can be done while you are sitting in front of your computer or watching TV. It's cheap medicine. In fact, it's FREE! Plus, it feels good!

If you have trouble forming your own stretch routine, don't be afraid to ask your therapist. Also, joining our Spa Therapy's yoga classes can help you develop your daily stretching routine.

When your therapist gives you stretches to do, it is customized for you to help you alleviate your pain. Think of your body as a ship, you are the captain of the ship, and we are the crew. As a team, we can work together to help you feel better and create a more successful and balanced lifestyle.