

BODYWORK

Bodywork refers to any therapeutic technique, that involves working with the human body in a form involving manipulative therapy, breath work, or movement. Bodywork techniques aim to assess or improve posture, promote awareness of the body-mind connection, which is an approach that sees the human body and mind as a single integrated unit.

One form of bodywork is deep tissue massage therapy, and the terms *massage* and *bodywork* are often used interchangeably. While bodywork includes all forms of massage techniques, it also includes many other types of touch , movement or energy therapies.

Therapeutic Massage is the scientific manipulation of muscle, connective tissues, tendons, or ligaments – otherwise known as the soft tissues. Accumulated stress takes its toll on your good health and massage is preventative maintenance for your body. By applying different types of pressure, holding, or moving different muscles and body tissues, blood flow increases and helps reduce muscle tension or flaccidity. The goal of massage therapy is to develop and maintain physical function while relieving and preventing any soft tissue pain.

When the body is tense and under stress, it produces unhealthy levels of the well-known stress hormone cortisol, which can contribute to weight gain, sleeplessness, digestive problems, and headaches. Massage therapy has been shown to decrease cortisol levels in the body. This enables the body to enter a recovery mode. Moreover, this form of therapy also triggers lasting feelings of relaxation, improved mood, and reduced stress levels.

Massage facilitates the body's own healing processes by releasing tension and restoring balance. Therapeutic Massage is an excellent way to establish and maintain good physical condition and health.

<https://www.integrativehealthcare.org/mt/massage-therapys-impact-on-increasing-blood-flow/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3577637/pdf/ijtmb-6-15.p>