

# Swedish relaxation massage-t 30h



Location **East of England, Cambridgeshire**  
<https://www.freeadsz.co.uk/x-566677-z>



Swedish body massage, Deep tissue massage,  
 Thai feet, shoulder, face and scalp massage by male masseur.  
 Promotions in November: buy 1 get 1 for free!!

Text us on:

078-37972438

Available 16:00-22:00

Swedish Body Massage

In Swedish body massage a therapist will use a carrier oil such as grape seed oil to lubricate your skin. The oil is applied onto the skin and then the therapist uses various techniques to warm up the muscle tissue.

The aim of the massage is to warm and stretch the muscle tissue so that toxins are drained away and fresh blood flows into the muscles.

Benefits of a Swedish body massage

Body massage has been found to release positive endorphins in the brain creating a feeling of wellbeing and positivity

Massage has also been found to reduce blood pressure and promote general relaxation

Swedish body massage can improve the condition of muscle tissue and reduce aches and pains

This treatment also improves the circulation and can help to reduce levels of stress hormones

Swedish body massage – like most forms of massage, is a good way to manage stress. The massage promotes relaxation but also helps to disperse the stress hormones released into your system when you

are in stressful situations

Swedish massage

Swedish massage is a relaxing and stimulating massage. It uses a variety of techniques to relax the muscles and improve circulation. The therapist uses long, gliding strokes to warm up the muscles and then uses deeper, more focused strokes to release tension. The massage also includes a Thai foot massage, which is a specific technique used to stimulate the reflex points on the feet. This helps to improve circulation and balance throughout the body.

So what are the benefits of a Thai foot massage?

Improved circulation in legs  
 Stimulates lymphatic drainage  
 Help removes toxins  
 Helps boost the immune system  
 Reduces stiffness and improve flexibility



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Detoxification of immune system  
Accelerated physical healing  
Stress relief

Improved sleep  
Stimulation of the