

Massage Therapy For Complete Body Relaxation

**MASSAGE THERAPY  
FOR COMPLETE BODY RELAXATION  
SELECTED TIPS - 70 PAGES!**



**70 Pages!**

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## Combating Stress Through Massage Therapy

There may be many remedies for relieving stress and tension, which are hard to avoid in the complexities of modern life for any age-group, but among the most enjoyable and peaceable ones is opting for massage therapy.

Medical research has pointed out that most of today's health problems are due to stress, which can be caused also from improper diets, following an unhealthy life style, working overtime or in a disorganized way etc. The common factor among all these possible causes for stress is that no matter what the source of the stress, it has a damaging effect on the bodily systems, which are needed to be maintained properly for sustained, healthy output.

This is why it is important to banish stress and the eliminate the factors that lead to it; if this is not possible immediately and needs to be worked slowly at, the best way out is to take up a proven stress-relieving treatments, such as massage therapy affords in order to combat various health issues that can crop up due to uncontrolled stress. These include gastrointestinal disorders, cardiac disease, loss of memory besides decreased immune function.

Of course, there is always medication for relieving stress and while pill-popping is popular and even advertised highly on the TV, it is not recommended as either a long-term or even a safe option. This is why massage therapy has gained so much importance in recent times with people having experienced first-hand the benefits and the joys of a good, therapeutic massage and with so many forms of massage abounding, not to mention massage parlors and literature promoting the practice, is it a surprise that it is such a favorite topic?

Not really would be the right answer – for there are so many people in the world who have benefited from a good, timely and warm massage therapy and the thoughtful manipulation of body tissues that relax mind, body, muscle, sinew, nerves and much more – releasing not only muscular tension and metabolic waste, but also promoting nutrient delivery for hastening tissue-healing tissue.

Thus, the current belief that massage therapy is a boon is not far-off because its blessings are a-plenty for those that have tried it and come out significantly more at peace, in better health – both physically and mentally and better equipped also to face the demands of a changing world.

## Massage Therapy For Complete Body Relaxation

From the realm of alternate medicine and healthcare systems that were centuries old, such as those practiced in India, Japan, Sweden and China come the best forms of massage therapy that are aimed at preventing, controlling and even curing chronic ailments so the individual can enjoy an enhanced sense of holistic healing.

What makes massage therapy such a blessing for modern, stress-filled lives and people is the fact that it works on varied principles that boost our body's immune system, helps release harmful chemicals from the body and has a joyful effect of peace, contentment and relaxation due to a trained therapist's hands working to improve health by acting directly on the muscular, nervous, circulatory and immune systems at one time.

Massage therapy basically releases endocrine (the happy hormones) and combines comprehensive knowledge of human anatomy, specific body part healing techniques, pathology and human psychology so is only beneficial when performed by a trained therapist who has received proper education in all these aspects – learn about the credentials to become one, or even to pick one!

## National Standards For Massage Therapy Certification

So far, there is only one standard that is nationally recognized for massage therapy certificate, which is controlled by the NCBTMB, the abbreviation of National Certification Board for Therapeutic Massage and Bodywork. Any massage therapy services who apply for the national certificates will be evaluated and if their service reflects a good standard, NCBTMB will give them a certificate that is recognized nationally.

The Identity of The National Certification Board for Therapeutic Massage And Bodywork

The NCBTMB is founded by the American Massage Therapy Association (AMTA). AMTA itself founded NCBTMB in 1992 because of the need to set standards for massage therapy services that could be found easily at that time everywhere. Furthermore, at that time, massage therapy was gaining its popularity and many people were attracted by the service. A certificate was therefore very important to determine which services were recommended and which services had to improve on their quality. Today, the NCBTMB certification is still held high, and its role is not just to declare the quality of massage therapy services. It now acts also as a license in most states for massage therapy services before they can start operating, so it has become a must for massage therapy services to own their own national certificates.

Requirements For The Massage Therapy Certification

Of course the application for this national massage therapy service certification is not as easy as it seems. Applicants must meet certain requirements in order to get the NCBTMB massage therapy service certification. These requirements are stated by the National Certification Board for Therapeutic Massage and Bodywork itself.

**The certificant must :**

1. Finish stipulated levels of massage therapy education
2. Submit evidence of training
3. Get and submit evidence of one's experience
4. Demonstrate excellent core massage therapy abilities

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5. Demonstrate understanding of the field, comprising of practical comprehension and knowledge of fair commerce practice
7. Pass a tough written examination

These are requirements only for initial certification. In addition to them, the status of the certificants must be renewed every four years. Applicants must also show evidence of work experience in massage therapy and proof of finishing the massage therapy education upon renewal.

### **The True Meaning of NCBTMB Certification**

There are actually numerous functions of NCBTMB massage therapy certification, such as acting as license in some states. However, its most crucial function is to protect the employers, therapists, and the public.

NCBTMB massage therapy service certification also ensures the consistency of high quality provided by massage therapy services. All massage therapists who bear the status of "Nationally Certified in Therapeutic Massage and Bodywork" must promise that they will continue their professionalism. Hence, NCBTMB massage therapy certification identifies massage therapists that the clients can count on.

## Massage Therapy Today

Modern world need modern methods of relaxation. Clinically speaking nowadays hospitals and spa partners introduce the new innovation that is massage therapy. This reading will shed some light to the reads about therapeutic massage.

It was the Chinese who pioneered massage therapy. It was them who also introduced it in the modern times. The main function of this is to help ease the pain and it was a form of relaxation for them. Sometimes it is used by medical experts as a healing process applied for some illnesses.

These are helpful information that will aid you in understand the true concept behind therapeutic massage.

Massage Therapy is a modern technique to help improve various health problems and is used to calm the nerves down. It is also called a healing power. In China 3,000 years pass our times, massage became an aborigin of culture to them. It was practiced as a part of their medical technique of curing the physical aspect of their wellbeing.

Because of the importance of therapeutic massage, it became a solution and ritual to those people who wants to stay healthy and relax. Often, nowadays even medical evaluation says that massage therapy is a solution to some patients, for instance stroke victims and other victims of muscle depletion sickness. This is done as a daily routine to ensure people its full benefits which this process is a great help on. It is no longer called "old method of medication." As the passing of time, it became popular and it is now favored by the public.

This method, in general, includes rubbing and manipulation on the affected areas or as a whole. It can be applied to any part of the body as needed to lessen the intensity of pain and cure tightness of muscles due to stress and tension of daily work.

### **The basic techniques of massage therapy:**

Touching hard muscles, ligaments, soft tissues and even joints.

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Exercising hard muscles in order to control tightening.

Used as touch therapy for babies and used to soften muscles

Soft touching

Kneading the muscles

Touching or soft thumping

Using electric tense

Spasm relaxation

Ultra sound machine with gel for deep penetration

Application used in various ways, composing of more than 250 kinds of massage therapy.

Therapists call these in different styles, like Swedish Massage, Reflexology, Touch Therapy, Somatic Acupressure, Sports Massage and Neuromuscular Massage. These are therapists who concentrate in one kind of massage. In some hospitals massage varies in modalities depending on the damaged area of the body. Physical therapists schedule patients on how often the application of massage is to be done. It is a case-to-case basis until such time the patient fully recovers.

The products used by massage therapist varies from different kinds of clients. They should have the bed, table, powder, lotion or oil. But most of them use aroma therapy as stimulating massage oil.

Massage contributes a big factor to ones health. However it also depends on how well the physical application is being given to the client. Sporty people usually injures their feet while engaging on their game. Some are due to various illnesses and others from physical stress. Some medical experts prefer to recommend massage therapy in replacement of oral medication. It contributes a big factor to society. Plenty of experienced therapists grows more and more. Modern times conclude that it is meant only for relaxation. However it is also a great help to those who have illnesses and injury since it will lessen oral intake of pills. In some cases it is also being recommended as weight management program.

## The Basics Of The Massage Therapy Licensure Program

To be a good physical Therapist one should undergo training after graduation and should pass the licensure examination. Not only in Columbia but also in the U.S. on their 37 states practices the same law. To practice your profession as a therapist, it is a requirement that you should be license to let people know that you are qualified to that position. In addition to this, most states required applicants for the job as medical or physical therapist a long training program in order conduct business with their patients or customers.

Massage therapy is sometimes called oral replacement of medication. It is one way of healing and getting rid of stress, mentally and physically. Nowadays, people are well informed about the good effects of massaging the body to obtain good health. It is also a physiological treatment to replace any form of medication to those who are ill and weak. They should be a license therapist to assure the public that they are capable of handling them physically and the exact reflexivity of the body. This will make them credible to practice with legal back-up.

### **Requirements to be a Massage Therapist:**

The U.S. government requires all therapists to take the licensure examination. Some places do not require, and they practice it in a small town, city, or country. Local governments have their own requirements that have the same connection with other countries. Students should not allow themselves to practice their profession as a massage therapist without license in order to work legally and regularly in other countries. This is to protect themselves that their patients for any future dispute. A good license can make a practitioner the best bet to as safe massage therapy.

### **State Requirements for Students:**

- He or she should complete the required number of formal classes in massage therapy program.
- You should pass all national and state board examination.
- Students should continue further studies in order to have license.

### Aspects of Good quality Massage Therapy Program

Students should consider a certain aspects and should know how massage therapy licensure program is being chosen.

The first thing to know is what kind of licensure program thus your state has. Around 1300 programs, about 300 are only accepted by a state board officials or the Department of Education.

State or Professional certification Board for licensure doesn't accept more than two-third of the program due to some reasons. Choose a program with proper accreditations. That way you are sure to get a genuine license. There are fake schools that offer students tuitions for less amount of money. But, they are bogus and should not be taken seriously. Make sure to research on the kind of reputation those schools have. This can make you realize that it is worth paying the right amount of money to ensure an authentic license.

Licensing programs are different in every school. They can be a bit confusing. To make certain what choice of curriculum to take, know your interests. Then in know will come a very well planed out decision. Stringing a balance between your interests and what is needed as requirements by the NCBTMB. This department is responsible for giving licenses to students who meet the necessary requirements.

Studying is always a good way to better life. Knowing what to study on to succeed is a start.

## Massage Schools

This is to inform aspiring student on the many things the Northwestern school has to offer of future massage therapists. Included are schedules and benefits that can be gained in enrolling into their courses.

Students who have an excellent rating in school seek a place to enroll to have a god perspective in life. They prefer to stay in Northwestern's school of therapeutic massage. It started to accept qualified students. The school provides awareness program to all the students so that people will have an idea of the importance of massage in their health.. Physiologists suggest to their patients on how massage contribute to their lives and recommend a session for early of recoveries to maintain god health and minimize expenditures by asking aid from a therapist.

Northwestern school teaches their students on how to manage pain and how they will go to communicate with their clients. As part of health care they ensure their patients about wellness and health status of everyone. They are being taught on how to contribute and participate in our daily routine. Students undergo orientation about patients pain and to promote close relationship with their clients and to the community itself.

A thirty-six semester credit with sessions of 780 hrs. give students a good learning over major science the school has 340 hours of personal laboratory teaching and share some medical experience inside the learning institute of massage therapy teaching clinic and some surrounding the school accepts and intellectual professors and some social oriented people, plus mostly some of the in demand therapist in Minnesota.

The school building has two 1100 square feet area for laboratory. It is composed of one table for massage for every pair of students, they usually hold their lecture anywhere within the school campus. The location of the school is in Burnsville Natural Care Center. They are open on all Mondays, Wednesdays, Fridays and Saturdays.

For those who intend to enroll evening classes and weekend studies, they are allowed to attend on Tuesdays, Wednesdays and Thursday nights. If you wish to attend a full-time class once in a

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while, you can have it on Saturdays. They offer two choices of sessions. You can either take it in the morning or in the afternoon during Mondays, Wednesdays, Fridays and Saturdays. New enrollees are being accepted in the beginning of the year January, mid-year in May and lastly in September. It takes for about 12 months to finish the syllabus of the course. So, depending on which month a student enrolls that's the basis for finishing the course. Those mentioned earlier are enrolment schedules of the day classes.

The students are required to attend 780 hours of classes in order to fully understand the different parts of the human anatomy. 195 hours of Physiology, Anatomy, Path physiology, Kinesiology, and Nutrition. Minnesota has the largest capacity of program in massage therapy itself. They limit their students to a small quantity because they want to make sure that they can efficiently teach them well. Their name is known throughout the other states in the massage institutions community. This is on account of their well established instructors who are certified. These professors are eager to help the next line of massage therapists to carry-on the legacy with pride. Their devotion for their work stands out in every way knowing that their students are also willing to take on the challenges that lies ahead.

Wide-ranging studies that are handled by outstanding practitioners are the key to getting the best education in any field of expertise a student has a passion to study in is what this school has to offer. Practicum are essential in preparation for making sure that students are well practices with performing hands-on tasks. The school includes ample amounts of time for them to enhance their skills. As they begin to grow more comfortable with using their knowledge and transforming it into their own, they become better.

Those are the many amenities that this school has to offer. So, if in the future you are contemplating on getting a good degree on therapeutic massage, this school is for you!

## Choosing The Best Massage Therapy School

There is an ever growing need of enrollees to enter into the best massage schools in their area. Helping them to make their choice meet the criteria they will use in the future is this article.

The growth of the spa industry and wellness centers have sprung a new hype of getting a degree on massage therapy schools. Its popularity is now overwhelming that entering into the best school is the main agenda most students are looking for.

This is why qualifying for a first-class and well recognized institute for therapists remains to be on the top list. A good curriculum is one basis. The facilities of the school is another. The most important factor that needs to be looked into is qualification of the course that meet the requirements of the certification and regulatory board.

There are many aspects of therapeutic massage that have course on. If your are planning to enter this kind of career, then know which specialization is the first step you need to take. Zoom-in on the field that makes you enthralled the most. This will keep you from changing your mind in the future. Various examples would include therapeutic massages for sports injuries, massages for pediatrics or geriatrics and some are for relaxation or luxury massages. There are other forms and applications for therapeutic massages that are needed by people or patients. That's why it is quite imperative to get a closer look into your preference. This will make sure you're specialization will get you a job where you're needed. On the one hand, if you are still not sure of which path to take go to an institution that offers a broader lessons on massage therapy techniques. This will keep the employment window wide open for you.

The reality about getting your license as a massage therapist is sadly dependent on the requirements that national state regulatory board has issued. There is no unified requirements that can become basis for your certification. They vary from one state to another. This might be a good indication for choosing the right school for you. List the requirements for licensure in your state. Then as soon as you do that go ahead and basing on your information at hand, select and qualify the schools that meet the requirement. If their curriculum is design according to the state licensure program then you're assured to pass the requirements to become certified.

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Among other things, further and thorough investigation must be done to make sure you are making the right choice. Accreditation of the school programs are focal points in searching for strength of the school. A good reputation that precedes it and highly-qualified professors make a powerful combination that superior schools. What out for these indicators and you'll never go wrong.

## Rediscovering The Wonders Of Massage

Due to hectic schedules and busy lifestyle people tend to feel devastated and tired physically, mentally and emotionally. Stress sometimes lead to a weak heart, and uncontrolled sugar that makes you a diabetic person and a stroke victim.

Soft human touch can remove stress in our lives. With this underlying fact, people get interested and plan to venture in spa business discovering the miracle result of body and foot massage. Total relaxation improves one's health and social lifestyle. Foreign visitors usually enjoy a body, facial or foot massage offered in hotels and tourist spots for their reasonable prices.

Spending extra money cannot do any harm in your budget. It is very useful and anybody is entitled to pamper oneself and enjoy a good day off by having a massage at any spa parlor.

Going in a spa center once or twice a week will not destroy your schedule. It would even make you feel relaxed and let you enjoy every minute of the massage session.

### **Body Rub 101**

Secure the place you want to be. It should be warm and comfortable to both of you and your companion. Avoid contact with the outside world in order to give enough time to observe the condition and location. It should be warm and welcoming. Drapes will be suitable and air conditioned room will give you a much better feeling. It is advised to take a hot shower before starting the pleasure of body massage. It should start at the head to feel relaxed. Chinese scented candles or any flavored scent will help a lot by stimulating the olfactory nerves. It is advisable to let your partner choose whether to use oil, lotion or a mixture of both in order to create a smooth sensation on your body.

Resorts are the best places to find time to relax. A simple drape of white satin and clean sheets will add to the subtle feeling of inner peace. You may try lying flat on the bed, smelling the sea breeze, and feeling the touch of your partner. This can release all the muscle pain and stress. Ballad and love songs can create a feeling of happiness and fulfillment while enjoying your partners hand touching your whole body. It is also recommended that sometimes it is

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adventurous to take a vacation at resorts and so the session while smelling the fresh air and lying flat on the sand.

Be clean physically. Sanitation is very important by checking all the facilities and your partner as well. It is necessary to examine the hands for long finger nails that would be a cause of scratching your skin. The sheets should be clean and should smell good. A hard surface is advisable for you to lie down. Nerve endings should be touched as well to give pleasure and contentment during massage session. Good touch of hands will create a good experience and an unforgettable memory.

Give total consideration for the whole time while having a massage. It helps stimulate blood and regulate air pressure to your body. Tell your companion about how to enjoy the session. Appreciate anything your partner is doing to build a good relationship. Try to relax yourself although some people have the potential of taming your emotions. Feel each touch.

Experience the good effect of massage for yourself and you will notice that you will plan to have another session next time around. Your mind and body has an instinctive reaction to every sensitive matter since it creates a good result and activates all your senses. That's the way you do it. Body massage is a great experience and very memorable. It will enhance you to have a different lifestyle. Start early and be proud of yourself.

Intimacy is often lost in the world of handy phones and internets. That is why the need to be close to a partner is very important. This will help the wellness of the whole being of intact. Allow the experience to take over and you will soon know how it feels to be pampered again.

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