

Sweet Release: the Need for Touch

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The benefits of receiving regular massage or bodywork treatments are well documented, but it may be our basic human need to be touched that restores us most of all.



Increased circulation and range of motion, relaxed muscles, reducing spasms and cramping, released endorphins, relieving pain and lessening anxiety. What we already know about the benefits of massage can be enough to schedule an appointment immediately!

Healing Tool. According to the Maya Clinic, massage is a way of manipulating the skin, muscles, tendons and ligaments by pressing or rubbing. Using their hands, fingers and forearms -sometimes their feet, hot stones and other tools- massage therapists stroke lightly or press deeply into our bodies to heal, and it's been around for thousands of years in many cultures.

Healthy Amount of Evidence. "We now have scientific proof of the benefits of massage - benefits ranging from treating chronic diseases and injuries to alleviating the growing tensions of our modern lifestyles," states a recent article in [Body Sense](#) magazine. "Having a massage does more than just relax your body and mind - there are specific physiological and psychological changes which occur, even more so when massage is utilized as a preventative, frequent therapy and not simply mere luxury."

Present Moment Awareness. Massage can also help the body and mind to work together, focusing on the present moment, balancing our emotional state with a relaxed physicality. The result could be simple peace ... a sweet release.

One Touch Goes a Long Way. In our society, touch is essential to bringing about basic well-being. From babies to the elderly and everyone in between, the sense of touch also creates a certain amount of security. What's more, therapeutic tactile stimulation can control blood pressure, help infant growth, ease sports-related injuries, boosting immunity and enhance cancer treatment.



[Massage at Maya](#). The certified massage therapists, acupuncturists and holistic skincare practitioners at Maya offer a variety of massage options throughout the week, including Swedish, deep-tissue, hot stone, pre-natal, injury treatment and neuro-muscular therapy.

Call 425-271-0200 for an appointment.

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