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Massage is sometimes overlooked as a therapy for restoring health. We tend to think of massage as something that makes us feel good and helps us relax but massage is, or can be, much more than that.

There are many types of massage from Swedish, to Remedial, to Deep Tissue, to Thai, Hot Stone the list goes on (there are literally dozens of different types of massage). Each style of massage uses slightly different techniques, or a practitioner might use a combination of techniques.

Our muscles literally hold our bones together, so it stands to reason that manipulation of the soft tissues during massage can have a profound effect on the entire body, including connective tissue, tendons, ligaments and joints as well as the muscles themselves.

You might choose to have a massage to help you relax and reduce stress, or you might decide to have massage to assist in your rehabilitation following injury by improving your flexibility and range of movement; reducing or relieving pain such as the chronic pain of arthritis; or simply to improve your overall feeling of wellness.

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