

## Around the World - Varieties of Massage Therapies & Techniques

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### ABSTRACT

In present scenario - people are a big fan of massage therapy. The reason is simple. Massage therapy can sometimes cure pain than medicines cannot. As such, everyone wants to have a taste of it. Massage therapy is nothing new and has been used for thousands of years. In the 20th century, advances in medicine almost completely overshadowed massage therapy. However, it experienced a revival in the late 1970s.

This is mainly due to its various benefits and people getting to know more about them. There are several types of massage therapy available. What's best about massage is that it is accessible for almost all ages. However, individuals under 18, they do still require their parents' consent. The point though is that even kids can benefit from it. When you try to balance the benefits, it really works. The most common types would be Shiatsu massage, Swedish massage, Deep tissue massage, and Trigger point massage. IT is beneficial for everyone. Massage therapy does not have notable side effects. Rather than feeling too relaxed or too mentally unfocused after a massage, a child may be both more relaxed and more alert.

**Keywords-** Scenario, therapy, over shadowed, various, Shiatsu, Trigger point.

### INTRODUCTION

There are several types of massage that focus on different parts of the body or healing approaches. Massage is the practice of rubbing and kneading the body using the hands. During a massage, a massage therapist will apply gentle or strong pressure to the muscles and joints of the body to ease pain and tension. A massage therapist is a person trained in giving various types of massage which involves working and acting on the body with pressure or moving, tension, motion, or vibration, done manually or with mechanical aids. Massage can be applied with the zands, fingers, elbow, knees, forearm, feet, or a massage device. Massage can promote relaxation. In traditional massage, various levels of pressure and movement are applied to the body's soft tissue-skin, muscles, tendons, ligaments, and inner parts of our body.

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**Preparation**

Going for a massage requires little in the way of preparation. Generally, one should be clean and should not eat just before a massage. Massage therapists generally work by appointment and usually provide information about how to prepare for an appointment. To receive the most benefit from a massage, person should give the therapist accurate health information about himself and report discomfort of any kind (whether it is from the massage itself or due to the room temperature or any other distractions). The person can be encouraged to be as receptive to the process as possible.

There are various types of massage we found around the world such as---

1. Swedish massage
2. Thai Massage- London Thai Massage
3. Hot Stone Massage
4. Aromatherapy Massage
5. Deep Tissue Massage
6. Carniosacral Therapy
7. Myofacial Massage
8. Reflexology
9. Reiki
10. Shiatsu
11. Sport Massage
12. Trigger Point Massage
13. Prenatal Massage
14. Chair massage
15. Medical massage therapy
16. Cupping massage
17. Burmese massage
18. BMS(Biomechanical Stimulation massage )
19. Amastu Massage
20. Lomilomi massage (Hawaiian massage)
21. Gharshana massage
22. Udvartana massage
23. Pizhichil massage

Choosing the right massage type depends on several criteria. Some massage therapy will work better on you than others. It all depends on your condition and reason. Once you know what you want, you can then easily choose a type.

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**Healing**

If you suffer from headaches or even minor illnesses like flu, then reflexology massage therapy can help. These focus on reflexology points on the feet. The points correspond to various organs. By stimulating those points, you can get rid of those minor sicknesses.

**Relaxation**

For relaxation, it is better to have Swedish or hot stone massage therapy. These get rid of stress.

**Muscle Stiffness**

For chronic muscle tensions, a deep tissue massage is advisable. Although similar to Swedish massage, it has a stronger pressure application.

**Pain Relief**

For injuries and muscle pain, the best choice is Myofascial massage therapy. It takes care of the pain by focusing on the fascia around the pain area. Sports massage is also another great choice.

**1. Swedish massage-(Traditional massage)** This is the probably most well-known form of massage. It's meant to relax the body and increase circulation by massaging the soft tissues, according to the Canadian College of Massage & Hydrotherapy. Massaging strokes include kneading, rubbing, vibration, and even stretching and bending of the joints. Swedish massage focuses on relaxing your muscles and joints without going very deep. The Swedish massage is actually known as the "traditional" massage.

A traditional massage therapist usually applies kneading, stroking, and friction to loosen muscular tension and increase blood circulation. The therapist uses massage oil to ease the hand strokes and movements. Before you start, you should expect a consultation to ask about your health and lifestyle and if you have any particular tough spots or areas to avoid. This massage will take place on a massage table and usually lasts between 35-60 minutes.

**2. Thai massage--**

Thai massage is best for people who want a more active form of massage and want to reduce and relieve pain and stress. It can also help to improve:

- flexibility
- circulation
- energy levels.

Thai massage is more active than other forms of massage, and the therapist will stretch your body in addition to providing a massage. Thai massage works the entire body using a sequence of movements that are similar to yogic stretching. Your therapist will use their palms and fingers to apply firm

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pressure to your body. You'll also be stretched and twisted into various positions. You can wear loose, comfortable clothing during the massage.

Thai massage lasts for 60–90 minutes.

### **3. Hot Stone Massage**

In Hot stone massage therapist places hot stones on the your body and often uses them to give the massage. The effect allows the therapist to go deeper while still using lighter pressure.

And of course, the correct level of heat is a great way to loosen muscle tension and increase your levels of relaxation. Hot stone massage sessions often complement a regular massage experience and don't exclusively use stones throughout the duration. Hot stone massage may help:

- ease muscle tension
- improve blood flow
- alleviate pain
- promote relaxation
- relieve stress.

### **4. Aromatherapy Massage-**

Aromatherapy massage integrates essential oils into the massage experience. The use of essential oils dates back thousands of years to ancient Egypt, where they often gave scented massages and aromatic baths.

Blending these two elements together promotes relaxation and may invigorate or energize you, depending on the types of scents your massage therapist chooses. Many therapists will consult with you first to learn which kinds of essential oils you prefer. For example, cypress is believed to relieve muscle pain, whereas tea tree is used to support the immune system. This type of massage can help:

- boost your mood
- reduce stress and anxiety
- reduce symptoms of •depression
- relieve muscle tension
- relieve pain.

### **5. Deep Tissue massage-**

This type of massage uses more pressure to reach deeper into muscles and tendons. It targets the network of connective tissues that surround, support and inhabit muscles, bones, organs and nerves. Deep tissue massage can help relieve chronic pain, according to the Registered Massage Therapists' Association of Ontario. It can also help with pain and stiffness from arthritis. The massage therapist uses slower strokes or friction techniques across the grain of the muscle. Deep tissue massage is used

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for chronically tight or painful muscles, repetitive strain, postural problems, or recovery from injury. People often feel sore for one to two days after deep tissue massage. This type of massage is especially helpful for people with chronically tense or tight muscles in the neck, shoulders, or lower back.

#### **6. Craniosacral Therapy-**

for a gentle and non-invasive experience, craniosacral therapy may be the right fit. If you're shy about taking off your clothes in front of a stranger, all the better. Practitioners of craniosacral therapy will often massage you fully clothed, with light and still movements.

Specialists in this area believe that light touch helps restore the central nervous system and improve irregular sleep patterns. And unlike many traditional massages which either use a chair or a massage table, craniosacral sessions often start in a massage chair first and then move to a massage table. The therapist will also check in with you during the massage to make sure they're giving you the right level of touch.

#### **7. Myofascial Massage**

Despite its potentially misleading name, myofascial massage isn't actually related to your face. It's related to fascia, a tissue that holds all your organs, arteries, bones, and muscles together. Myofascial massage is designed to manipulate that connecting tissue. During a session, a therapist will locate areas on you that feel stiff and apply manual pressure. This will help improve restricted movement. Myofascial massage may also target trigger points and use stretching to help relieve pain.

#### **8. Reflexology**

Reflexology complements holistic health practices and became popular in the United States around the 1930s. The practice that involves acupressure applied to the hands and feet.

According to the Reflexology Association of America, these techniques stimulate neural pathways and support optimal functioning of the body. Reflexologists use techniques such as thumb and finger walking to stimulate reflex points on your feet, often corresponding to a related organ. This type of massage could be a good fit for you if you enjoy foot massages.

#### **9. Reiki-**

Reiki has its origins in 1800s Japan, where Dr. Usui popularized the practice and taught it to his students. Unlike most of the massage types listed here, using reiki doesn't actually involve working tissue. Instead, practitioners gently place their hands above or on your body to transmit warmth and energy.

Many people who attend reiki sessions report feeling slight tingling or heat coming from the practitioner's hands, which culminates in a sense of relaxation and wellbeing. It's a gentle and non-

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invasive practice that won't leave you feeling sore the next day

### **10. Shiatsu**

Shiatsu is a form of physical therapy that integrates emotional, physiological, and spiritual wellbeing. For centuries, Chinese practitioners paired shiatsu with herbalism and acupuncture to help relieve the pain of their clients. Since then, shiatsu has become more of a practice of its own, with about half a dozen variations.

You can find therapists who specialize in barefoot shiatsu, healing shiatsu, or movement shiatsu — just to name a few. For example, barefoot shiatsu involves powerful yoga-like stretches to unwind tightness, while healing shiatsu integrates mindfulness and meditation.

### **11. Sport Massage**

Athletes work their bodies hard, which is why there's an entire industry around specifically-tailored sports massage. You may take advantage of a sport massage before, during, or after athletic events. This helps relieve performance-related pains, promote flexibility, and even ward off potential injuries. Massage therapists often combine massage techniques, such as deep tissue massage or acupuncture, to tailor to the athletes' and sports' particular needs.

### **12. Trigger point massage**

Trigger point massages are best suited for people who have injuries, chronic pain, or a specific issue or condition. Sometimes areas of tightness in the muscle tissues, known as trigger points, can cause pain in other parts of the body. By focusing on relieving trigger points, this type of massage can reduce pain.

Trigger point massage uses broad, flowing strokes that are gentle and relaxing combined with stronger, deeper pressure. The massage will include work on your entire body, though your therapist will focus on specific areas of your body that need to be released. You can wear lightweight clothing for the massage or be fully or partially undressed.

This type of massage will usually last for 60 to 90 minutes.

### **13. Prenatal massage**

Prenatal massage is a good option for pregnant women. This type of massage focuses on gentle pressure and is good for relaxation and mild tension relief. Prenatal massage can be a safe way for women to get a massage during pregnancy. It can help reduce pregnancy body aches, reduce stress, and ease muscle tension. You can get a massage at any time during your pregnancy. However, many facilities, especially in the United States, do not offer massages to women in their first trimester due to the risk of miscarriage during this time.

Prenatal massage uses mild pressure similar to Swedish massage. The therapist will focus on areas

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such as your lower back, hips, and legs. You can be fully or partially undressed depending on your comfort level. During the massage, you'll either lie on your side or on a specially designed table with a cutout for your belly. If you've had pain in your calves or other parts of your leg, see a doctor before you have a massage.

The massage will last for 45–60 minutes.

#### **14. Chair massage-**

A chair massage is best for people who want a quick massage that focuses on your neck, shoulders, and back. A chair massage can also be a way to introduce you to massage if you've never had one before. Chair massage also helps to relieve stress and promote relaxation. This type of massage uses light to medium pressure.

During the massage, you'll remain fully clothed and sit in a specially designed chair. You'll straddle the chair so that your chest pushes into the back of the chair, allowing the massage therapist to have access to your back.

These massages are usually 10–30 minutes.

A chair massage is a great option if you're short on time; it is also a good option if you're new to massage.

**15. Medical Massage Therapy**-Stress Relief Massage Type For Longer Time Medical massage therapy adopts different techniques that are already present in other types of massage therapies. Its techniques are all taken from other types of massage. Some of these are deep tissue massage, pressure points, and so on. Medical massage is still used heavily.

It has its specific uses. The latter is used for decongestive therapy. This helps a lot with breast cancer as well as palliative care. It deals with the surrounding pain itself. Overall, it is used to treat a lot of ailments. This is in terms of mental and physical.

The methods and time for all medical massage will vary depending on the case and the type of pain. A medical massage is ideal for someone suffering from medical issues or pains. It is mostly used to treat stiff joints, depression, and even anxiety. It helps in

- The decrease in blood pressure
- Reduces stress and anxiety
- Decreased heart rate
- Better blood circulation
- benefits the whole body
- Increase in a good mood
- Better sleep.

## 16. Cupping Massage Therapy-

Cupping therapy probably belongs to 3000 BC. It is often ridiculed since there is no scientific reasoning behind it. Cupping is done for short term relief. It improves mobility and general blood flow around the body.

There is a logical way of doing it. First of all, the therapist will look for a sore area on the body. The pressure is applied via a suction cup to the affected area. The area will build pressure as blood flows to the surface.

Depending on the amount of pain and size of the cup, the latter will remain on for a few minutes. In order to increase the flow of blood to the area, a series of additional movements can also be performed. The cup is then removed. Cupping sessions can take anywhere up to one hour. It can also be done on anyone. There are several types of cupping:

- **Dry Cupping**

This is the most common one. The focus is on creating pressure on a small area just under the skin. The cup is usually latched on soft skin since it is easy to create a seal all around the cup. This increases the pressure overall. The cups usually range from 1-3 inches in diameter.

- **Wet Cupping**

This type of cupping is done by creating a small incision from which blood is drawn out. All is then held with the cup. This type of cupping is mostly popular in Islamic Culture.

- **Fire Cupping**

Instead of plastic cups, fire cupping is done using glass ones. To carry this out, the therapist needs almost pure alcohol, a glass cup, and a fire source.

It is done by plunging a cotton ball into the liquid, lighting it up, and inserting it into the cup latched on the body. The cup will not move due to rapid cooling and heating.

Sometimes cups can be glided across the skin if essential oils are applied. This process may be called moving cupping.

Benefits of Cupping Massage Therapy

- Treat short term pain
- Deals with muscle tightness
- Deals with specific areas.



### 17. Burmese Massage

Using Elbow For Massage

It is a combination of Indian, Chinese, and Thai massage techniques. One of the aims is to release stress from the body through acupuncture and kneading.

It also aims to improve sleep, promote better skin by increasing the blood flow around tight joints and muscles. For the Burmese method, the therapist uses their elbow to apply pressure. They provide gentle knocks on various points.

They also use their hands for tight areas. Its use is solely for people suffering from tight muscles since it is an ancient method. Sessions usually vary from client to client. It is great for people suffering from tight joints and blood flow restrictions. It helps to increase blood flow

Improves sleep

Promotes better sleep quality.

### 18. BMS (Biomechanical Stimulation Massage Therapy)

This massage is not like other types of therapy. The reason is that the therapist/masseur does not use their hands for the massage at all. The therapist attaches the client to a stimulation machine and either lay face up/down or flat on a table. To stimulate tight areas, the machines make use of biomechanical oscillation.

Athletes use it most of the time in order to keep their fitness level. People in medicine, fitness, rehabilitation and competitive sports also use it. Chiropractors also use it even though fitness persons use it more. As such, any adult or child can benefit from it. Sessions can last from 10-15 minutes based on the person's pain tolerance.

### 19. Lomilomi Massage Therapy

-A Type Of Hawaiian Massage

The Lomilomi massage therapy originates from Polynesia to Hawaii. 'Lomi' basically means to soothe, rub, and knead. The therapist repeats the name in order to put emphasis on the healing kahuna gift.

The massage uses fingers, feet, knees, palms, forearms, knuckles, and even stones and sticks. Its uses are as a healing practice and even within the family. It aids in digestion and is also a part of Hawaiian martial arts.

The Lomilomi massage mirrors the traditional Swedish massage. The foundation comes from martial arts. As such, it includes several similar movements.

There are also deep tissue techniques and movements to increase the range of movement. Sessions

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may last up to 90 minutes.

#### **20. Garshana Massage-Dry Brushing Massage**

This is a special type of massage. It does not require any sort of essential oil or lubricant. The therapist or masseur/masseuse performs it with raw silk gloves/dry brush. The latter stimulates the body in various ways.

#### **21. Udvartana Massage-Sticky Oil Massage**

For this massage, they use herbal powders – an ayurvedic massage powder or sticky oil. The powder is heavy and moist. The heats the body and the masseur apply it using their bare hands. It aids in removing toxins along with other benefits.

#### **22. Pizhichil Massage-Squeeze Massage**

This is another type of oil massage therapy. The therapist uses a Kindi (a vessel) to contain the oil. He then positions the Kindi a few inches from the body of the client.

The medicated oil used depends on the client's health and condition. The mixture of oil and massage heats the skin and body to cause perspiration. This relaxes the body and also get rids of toxins in the pores. It is also called squeeze massage.

#### **Conclusion**

In this research paper entitled 'Around the world -variety of massage therapies & techniques' we found that massage is a very delicate and slow process to heal our body and mind we found that generally, massage is delivered to improve the flow of blood and lymph (fluid in lymph glands, part of immune system), to reduce muscular tension or flaccidity, to affect the nervous system through stimulation or sedation, and to enhance tissue healing. Therapeutic massage may be recommended for children and adults to deliver benefits such as the following:

- reducing muscle tension and stiffness
- relieving muscle spasms
- increasing joint and limb flexibility and range of motion
- increasing ease and efficiency of movement
- relieving points of tension and overall stress; inducing relaxation
- promoting deeper and easier breathing
- improving blood circulation and movement of lymph
- relieving tension-related headaches and eyestrain
- promoting faster healing of soft tissue injuries, such as pulled muscles and sprained ligaments
- reducing pain and swelling related to injuries

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- reducing the formation of scar tissue following soft tissue injuries
- enhancing health and nourishment of skin
- improving posture by changing tension patterns that affect posture
- reducing emotional or physical stress and reducing anxiety
- promoting feelings of well-being
- increasing awareness of the mind-body connection and improving mental awareness and alertness generally. There are no special recommendations for after a massage. A period of quiet activity or rest following the massage helps maintain full benefits from the procedure.

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