



Targeted Or Full Body Massage Therapy, Which Is More Effective?



If you have ever booked a massage before, chances are that you have been asked spouse targeted massage or a full body massage. Knowing how to help answer this question requires that you know what each option has to present. Understanding different types of massage is the key to knowing which one is right for you. [dallas Nuru Massage](#)

Targeted Therapies

There are a number of types of targeted options. As the name suggests, each type targets a different set of muscle mass tissue or part of the body. Each therapy is not only applied to an actual area, but is designed specifically for use on that vicinity.

Trigger point therapy targets pain triggers throughout your system. When a knot builds up in a certain area, it can set pain and discomfort in other areas. Trigger point therapy relaxes those knots, ensuring that your entire body is pain free.

Reflexology is another method of therapy that targets specific parts of the body. While trigger factor therapy is used almost strictly to diminish pain, however, reflexology can also be used to relieve tension and relax specific muscles.

Cranial sacral therapy specifically refers to head and neck massage. It is helpful to treat a number of head-related conditions such as headaches and TMJD. It can also help relieve pain and tension in the back and neck.

Full Body Massage Modalities

Unlike the that are aimed therapies, full body massage is used to treat the entire body system. That said, there are actually a number of types of full body massage. Each kind is used to achieve different results throughout the body.

Swedish and also deep tissue massage is one of the most popular types of massage. It happens to be used to release tension in the muscles, creating a relaxed becoming through all of the major muscle groups. It can also release metabolic swelling and toxins that are stored in the muscles. Finally, it re-aligns the skeletal system and improves overall mobility.

Sporting massage is similar to Swedish massage and is favored by athletes the world over. Although the technique is somewhat different, the effects of sports massage are similar to those of Swedish massage. It releases tension and even metabolic buildup. It re-aligns the skeletal system but it improves mobility.

There are also a number of condition-related massages such as prenatal massage and geriatric massage. These are used to treat the consequence of a specific condition. In the case of prenatal massage, for example, women try to get treatment to help relieve the

physical and emotional discomfort associated with carrying a child. Like Swedish and sports massage, condition-related massages launching tension and metabolic buildup, re-align the skeleton and help improve mobility.

The type of massage you choose depends on what you want to find out of the treatment. If you are looking for overall wellness, the full body modalities are probably the best choice for you. If you have a specific condition or constant pain region, however , then targeted modalities like reflexology may better suit your needs.