

5 – How massage helps maintain pain

Far too many people like you face chronic pain due to injuries or illness on a daily basis. Many of you come to Pampering You with acute and sometimes debilitating pain. If pain for you is an every day occurrence that impedes your ability to function normally we can help you overcome it.

Massage therapy can not only help you correct conditions that cause chronic pain but it can also help you decrease the actual pain itself! Massage helps accomplish this in one of two ways.

First, a trained massage therapist uses touch to activate nerve receptor signals along myelinated nerve fibers. These receptors temporarily block chronic pain signals from reaching the brain. Second, massage stimulates the release of endorphins, which are the body's natural pain killers. These endorphins flow directly through the brain and nervous system, reducing your feelings of pain and discomfort without the use of unnatural drugs.

Through an appropriate massage regime our expert massage therapists will help you relax, rejuvenate and revive your body, and your spirits, allowing you to manage your pain and not let it run your life. Let us introduce you to the rejuvenating world of professional massage; we will help you relax tense muscles that often cause or worsen pain, and rejuvenate your mind and body through touch.