

Massage

Most people have tried to have muscular tensions or myalgia somewhere in the body.

Myalgia are small or larger sore areas in the muscles, which feel like small hard “balls” in which waste substances from the muscles’ metabolism have accumulated. This accumulation happens due to insufficient flow of blood in the given part of the muscle.

Blood carry both oxygen and nutrients to the muscle but carry also waste substances and CO2 away from the muscle.

When waste substances accumulate in the muscle, the muscle turns into a lasting tension, which makes it difficult for the body to restore the correct balance in the muscle.

The reason why muscle tensions emerge can be due to incorrect work positions, stress, pain, excessive- or incorrect use of the muscles. The symptoms from the tensions vary in relation to where in the body they emerge and how tighten the muscles are, but often there will pain in one or other ways related to the tensions.

By giving massage, the masseur can:

1. Stimulate the muscle to better relax, hence reduce the metabolism in the muscle. The need of oxygen will be decreased, and less waste substances will be produced.
2. Increase the blood flow to the muscular tissue, thus more oxygen and nutrients flow to the problematised area. This will affect the waste substances’ ability to be transported away via the bloodstream, which will ensure a healthy chemical environment in the muscle again.

Acupuncture

Acupuncture means treatment with needles, which is a well-balanced treatment. In this way the whole body is treated and not just the individual symptoms. The idea behind acupuncture is to create balance in the body.

The lack of balance or blocking in the energy-streams can cause pain or illness.

In acupuncture treatments, thin sterile single-use needles are inserted in carefully selected acupuncture points on the body. The points have via the energy-streams connection to the whole body and its functions. In this way the body's own ability to restore the balance is stimulated, making the body to function better.

Body SDS

Body SDS is the abbreviation of Body Self Development System, which is a totality-focused body treatment. This means that you receive treatment on your whole body, in which the purpose is to loosen blockings, tensions and stress conditions in the body.

In a Body SDS perspective, the reason for eventual problems might be situated in another part of the body than where the actual pain occurs.

During the treatment, muscles, joints, lymph and organs are worked with by use of massage and joint loosening techniques such as pushing and pulling the muscles. The Body SDS methods have proved to be suitable to remove or decrease tensions and pain in for example the back, hip, shoulders and neck.

Craniosacral therapy

Craniosacral therapy is a gentle and in-depth type of treatment in which the therapist diagnoses the problems of the client, and work with the body's own resources to influence the body on self-healing.

This type of treatment originates from an osteopathic (manual medical) method, which has documented a movability between the skull bones. These findings led to the creation of several techniques, which became a part of the osteopathic treatment.

The characteristics of the treatment is to loosen tensions in the connective tissue in the diaphragm inside the head or the connective tissue around the spinal cord nerve, that ensures an in-depth and lasting relaxation of the muscles in the neck and back that fasten to the vertebra.

Reflexology

Reflexology is a type of treatment where the therapist by the means of pressure exposures on a point on the body seeks to improve the bodily function on another part of the body.

The reflexology is built upon the theory that the whole body can be found mirrored in parts of the body, which communicates and acts reciprocally with the whole.

The most common type of reflexology is reflexology on the feet, but reflex-zones are also found in e.g. the ears, in the face and on the hands.

The reflexology therapist looks at the human body as a network of energies in which each contributes to the body's communication.