

Definition of Swedish Massage--

Relaxing and therapeutic massage incorporating five different strokes and kneading techniques on the soft tissues of the body (muscles, tendons, ligaments). The strokes move blood and lymph fluid in the direction of the heart. Swedish massage increases local circulation, improves muscle and skin tone and decreases muscle tension. Here in the U.S., if you want a general, relaxing massage, with lighter pressure, ask for Swedish!