Summer Massage Key Points

This summary explains how massage may help with summer aches, stress and recovery.

1. Hot, humid weather can make aches worse, and hot weather retains fluids and feels stiff.
2. Massage is described as improving blood flow, reducing muscle tension and promoting relaxation.
3. Massage can lower stress hormones such as cortisol and raise dopamine and serotonin.
4. Studies are said to show that massage can reduce pain at a cellular level, as anti-inflammatory drugs do.
5. Massage therapy can help prevent injury or speed up recovery by making muscles more flexible.
6. Stress can lower white blood cell counts, so reducing stress may support the immune system.
7. Chiropractors target the spine, while massage therapists focus on muscles.
8. Spa massages ease tension and stress, while chiropractic massages focus on spine and muscle problems.
9. Massage can lower heart rate and blood pressure and improve circulation and lymph flow.
10. Massage is said to help ease the muscle tension that comes with heat regulation issues.

Notes

For general education only. Not a substitute for professional medical advice.