



Swedish Massage, Full Body Massage

Swedish massage is generally what's considered a full body massage, as it usually works on all major muscle groups in the body.

Swedish massage can increase one's flexibility because it stretches the ligaments and tendons, and Swedish massage is specifically designed to relax the muscles.

It also helps flush the body tissues of uric and lactic acid and other metabolic waste.

Massage oil or lotion is used to ensure the smoothness of the strokes. The Swedish massage is best while lying naked on a massage table but partially covered by a sheet. I partially cover the person with a towel, rather than a sheet.

