

BIODYNAMIC MASSAGE

BENEFITS

Biodynamic Massage is a gentle and responsible therapy, which does not substitute for your regular multiple sclerosis treatment, but it helps to relieve muscle spasms, improve circulation, alleviate pain, and reduce anxiety and depression. It also provides relaxation and relief for stress, increases flexibility which improves your mobility, and can help reduce muscle stiffness caused by spasticity.

HOW DOES BIODYNAMIC MASSAGE WORK?

Such as many other types of massage, Biodynamic Massage focuses on the energy flow, aiming at balancing the energy in our bodies. It achieves this by applying gentle and pleasurable touch and working on different levels: bone, muscle, connective tissue (fascia) and skin. The techniques focus on stimulating the parasympathetic nervous system to bring a sense of relaxation, improved breathing and blood flow and restoring energy levels.

After a few massage sessions, you may experience both relief from muscular tension, pain, stress, digestive problems and insomnia.

Something that is unique to Biodynamic is the use of a stethoscope on the client's belly. This provides the therapist with feedback from the client's body, giving vital information on the client's needs for that day.

WHAT TO EXPECT OF A SESSION

- A warm, confidential and friendly space, where any questions or worries are welcomed.
- You may stay fully clothed should you choose to, the massage does not require skin touch. In any case, you will always be draped with a towel or sheet.
- I will check if pressure is right for you.
- Talk or don't talk. For me as a therapist, I follow my client's lead. Some people enjoy silence while others find it therapeutic to talk during the session. You should not feel obligated to do either.
- A calming, soothing and pleasurable experience with a certified and registered professional.
- There is also the option of a seated massage.

CATARINA CAMPOS
Biodynamic Massage Therapist

