



## Summary

Massage therapy is the scientific manipulation of the soft tissues of the body for the purpose of normalizing those tissues and consists of manual techniques that include applying fixed or movable pressure, holding, and/or causing movement of or to the body. The massage techniques affect the muscular, skeletal, circulatory, lymphatic, nervous, and other systems of the body. After experiencing a period of decline in popularity, the benefits of massage therapy were rediscovered by Western medicine around the 1600s. But it wasn't until the 19th century that massage therapy began to be more widely recognized.

Modern massage therapy continues to re-discover and adapt ancient practices from cultures all over the world. Many people now use regular massage therapy to reduce stress, maintain wellness, and prevent disease. The period from 1980s to 1990s was the golden age in massage history. The field of massage has moved from the fringes of many other human activities to become a world into its own the course of a few decades- THE GOLDEN AGE OF MASSAGE. Considering the long history of massage, the potential for growth and research of the healing properties of therapeutic massage and body work has gained great momentum over the last fifty years, and the public demand for massage therapy is at an all-time high.