



## Summary

The practice of using touch as a healing method derives from customs and techniques rooted in ancient history. Civilizations in the East and West found that natural healing and massage could heal injuries, relieve pain, and prevent and cure illnesses. What's more, it helped reduce stress and produce deep relaxation.

General approach to massage: the massage therapy should be delivered in the proper sequence and it is given below,

1. Self preparation
2. Hand exercise
3. Relaxation
4. The environment
5. Treatment couch
6. Contact material
7. Preparation of the patient
8. Palpation and developing sensory awareness
9. Examination of the part
10. Ticklish patients: People who are ticklish can be massaged without discomfort to them provided we observe the rule of always putting our hand in very firm contact as we start working and never lifting the hands off by trickling i.e. by lifting our palm off first, than phalanx, until only our finger tips are in contact.

Massage has survived and continues to evolve till present date, because it is the most fundamental means of giving care, affection and aid between human beings. Its healing qualities differ from other modalities because massage confers its benefit through character and healing intention of those who gives and received it. The true value of massage comes from the intrinsic, inherent needs of human to have contact with one another.