



# How to Give a Massage : Learning the Basics and the Techniques of Massage Therapy

*A.E Wilson*

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### How to Give a Massage

After a very lengthy, tedious and stressful day in school or at work, one of the best things that a person can be treated to is a long, soothing massage. Then again, it has been proven that relaxation is not the only benefit of going through this therapy.

It has been said, for instance, that massage therapy helps boost the immune system, decrease pain sensation and increases endorphins also known as the happy hormones, among so many others. Even medical practitioners make use of this as adjunct therapies to treat certain health problems. But let us not dwell too much on that.

Let us focus more on how you can learn giving a massage. As a wise man has mentioned a long, long time ago, it is so much better to give than to receive – that is very true, in this case. Learning the actual skill, the various techniques and the art of massage would not just be a benefit for your family. Having a pair of adept hands can even be a financial advantage as well!

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