

## Chinese Massage - An Enthralling Experience

It aims at deep tissue therapy and its rejuvenation. It utilizes the concepts of Yin-Yang, qi-blood-fluid and the five elements deep rooted in the convention of the oriental ambience distinctive of the East. It's an income tradition and an exclusive heritage of the wealth of knowledge handed down generations to heal the tired. Actually this is the progenitor of one other types of relaxing massages such as the Swedish and the Japanese Shiatsu.

Chinese massage is a holistic approach to accomplish health care. It utilizes traditional Chinese medicine, herbs, nutrition and qigong in this respect. It's a combination of massage and herbal medication. The goal of massage is to energize the systems of networks and channels, besides streamlining the wayward thoughts, emotions and other spiritual areas of ones entity. Qi is known as the fundamental life energy force and is similar to 'breath'. The lungs extract the qi from the inhaled air, the intestinal tract extract it from the foodstuff and water. This really is then dissolved in the blood stream and circulates through the meridian channels called jing luo in the Chinese traditional medical terminology.

The technique behind Chinese massage is the theory of Jing-Luo and xue. It postulates that the body is organized in to a system of network channels or meridians referred to as jing-luo running across the human body and intersecting each other at points called the xue that serves as acupoints. These interconnected energy channels function to carry blood and qi, regulate the yin (the sedating)-yang (the stimulating) energies, connect the interior organs with the surface and provides immunity to the body. Hindrance in the free flow of qi energy anytime in the Jing-Luo can be the reason why behind physical pain in the corresponding region. The blockage is manifested in the shape of numerous symptoms which are in fact the expressions of the internally regularized brewing of an ailment. Chinese massage also employs relaxing the Jin which refers to the soft connective tissues, ligaments and joints which includes role in facilitating the flow of the qi along the energy meridian networks.

Chinese massage seeks to get rid of such blockages in the Jing-Luo by energizing acupoints and propelling the harmonious flow of blood and qi through the channels and allows your body to self-heal the errant anomalies. It does so by employing types of rubbing and vigorous pushing in acting and counteracting directions. Techniques as kneading, strokes, application of pressure points in clockwise and anti-clockwise direction are employed based upon the ailments. Besides this controlled use of deep and moving pressure having deep penetrating effect also helps to activate the stagnant channels and the acupoints.

### About the Author

That is found to be of much help for healing certain disorders of the digestive, muscular, musculoskeletal, reproductive and of course the stress. However care is sought in the event of fractures, open wounds, lesions, infections etc. This or some other kind of [Deep tissue charlotte](#) when taught to audio-visually incumbents is equipping them with a desirable form of earning an independent livelihood rather than teaching just music or basket weaving.

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