

Avalon Bodyworks

Did you know?

Massage therapy is one of the oldest and safest forms of complementary health care available. It has been practiced in many parts of the world for more than 3000 years.

Why do people use massage therapy?

A 2007 survey cites the following as primary reasons for getting a massage:

Medical Reasons 30%
Relaxation 22%

Dr. Leena S. Guptha, AMTA president, is quoted in the survey as follows:

“It is no surprise that people are turning to massage therapy to improve their wellness. It is a proven way to manage pain, recover from injury and improve one’s quality of life. Massage therapy often reduces the need for medication or invasive treatments.”

Administered properly, massage therapy can:

Reduce low-back pain
Increase range of motion
Improve circulation
Enhance immunity by stimulating lymph flow
Increase joint flexibility
Lessen depression and anxiety
Reduce scar tissue and adhesions
Reduce muscle spasms and cramping
Relieve migraine pain
Lower blood pressure
Reduce aches and pains associated with arthritis
Speed recovery from injury
Manage non-migraine headaches

What do medical doctors have to say about massage?

More medical professionals now advocate massage therapy treatment than ever before:

54% of surveyed primary care physicians recommend massage therapy
70% of patients who asked their doctor about massage therapy received a positive response to their inquiries.

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Massage Therapy and Stress

We are all experiencing an increasing level of stress in our daily lives. In fact, experts estimate that upwards of 90% of all disease is stress related in some way.

Massage therapy can help manage stress in the following ways:

Decreases anxiety
Improves sleep quality
Improves concentration
Improves circulation
Reduces fatigue
Releases endorphins
Reduces stress hormones levels

Is massage therapy regulated?

South Carolina and 37 other states require massage therapists to be licensed.

To practice massage therapy legally in South Carolina, an individual must:

Complete a minimum of 500 classroom hours in a state approved school
Complete supervised hands-on clinical training
Pass a national certification exam administered by NCBTMB
Maintain a current state license and display it in their practice location
Comply with mandated continuing education requirements at each renewal period

To verify a massage therapist's SC credentials, you may visit:

<https://verify.llronline.com/liclookup>

Select the category: Massage Therapy

Enter the therapist's name to retrieve their licensing information.

(remember ... no listing ... means no license)

Please protect yourself and our profession by using only licensed massage therapists.
If you are in doubt, ask to see a copy of your therapist's current license to practice.
Any licensed therapist will be happy to accommodate your request.

Information above is compiled from content published on the websites listed and is in public domain.

You may review this and additional information at:

www.amtamassage.org – American Massage Therapy Association

www.abmp.com – Associated Bodywork and Massage Professionals