

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 cure injuries, relieve pain, and prevent and treat illnesses. What's more, it helped reduce stress and produce deep relaxation.

Massage therapy began as a sacred system of natural healing. However, cultural shifts rendered it a disreputable form of indulgence for extensive periods of history. Enduring these turns, massage has experienced resurgence in modern times.

Today, massage therapy stands as a highly respected holistic healing method practiced across the world.

