

# Different Strokes for Different Folks

Type	Description	Best For
<b>Swedish Massage</b>	Long stroked and kneading technique are used on the superficial layer of the muscle and used to improve blood circulation, range of motion and relieve muscle tension.	Swedish is good for someone who's never had a massage and anyone who is looking for general relaxation, says Maureen Moon of the American Massage Therapy Association.
<b>Deep-Tissue Massage</b>	Slow strokes and deep finger pressure are applied to the deeper layers of the muscle to release contracted areas	Deep tissue is best for specific muscle aches and pains that you want worked out, such as in your legs or back. Rather than full body relaxation, deep tissue focuses on alleviating pain.
<b>Hot-Stone Massage</b>	Heated stones are placed on different areas of the body to relax and prepare your muscles for massage. Stones are also used as a massage tool in conjunction with the therapists hands.	Based on an ancient form of healing, the stones are thought to help you reconnect with the earths grounding stable forces It is especially beneficial for people who are cold all the time because the hot stones keep you warm and relaxed making The massage more effective.
<b>Sports Massage</b>	A combination of Swedish strokes and stretching to help prevent injury and facilitate flexibility.	Before an athletic event or workout, it energizes and prepares muscles, and after it facilitates recovery.
<b>Pregnancy Massage</b>	A Swedish massage with a special table or pillow device to cradle the baby in the Mom's tummy.	Throughout pregnancy, the unborn child can push on muscles, ligaments, nerves and organs that can cause pain for the mother. It relaxes the muscles and can relieve sciatica, sore low back, foot pain, and pregnancy discomfort.

