

THE HUMAN TOUCH

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To touch someone can mean various things in different cultures. There are many social restraints which inhibit touching in public. For us, a formal handshake, nod of the head, or even a peck on each cheek are all recognised forms of greeting, and yet you can carry them out without showing any real emotion. Indeed, our rather formal approach to physical contact is contrary to our most basic instincts and needs.

Fortunately, we are now rediscovering the healing power of massage and other touch therapies, which have been understood in other cultures for thousands of years.

COUNTERBALANCE TO STRESS

Swedish Massage, Massage in School Programme and Indian Head Massage are a touch therapy, which in itself creates a bond and a comfort for a person.

Most people are starved of physical touch and many simply find human contact very therapeutic.

There are no language or intellectual barriers, and the contact can be very valuable for people, especially those experiencing isolation and loneliness.

Touch via the above therapies brings a feeling of inner peace. It releases muscular tension and stimulates the flow of blood, which causes a sense of well being in the body, allowing the mind to slow down and relax.