

Massage as a healing tool has been around for thousands of years in many cultures. Touching is a natural human reaction to pain and stress, and for conveying compassion and support. Most people know that massage feels good.

Whether it is someone rubbing your shoulders or your feet, you feel better afterwards; A little bit of relief, a little more relaxed, less pain and tension.

People have enjoyed massage, a different touch that creates sensations of pleasure and heals pain.