

## EVIDENCE OF MASSAGE BENEFITS

Although most people who have had a massage would agree that it is most enjoyable and induces a relaxed state, there has been very little evidence that it actually has a measurable benefit.

A great many studies have been conducted around the world - at universities and also by eminent medical facilities, such as Mayo Clinic's Complementary & Integrative Medicine Program.

At University of Auckland an interesting study relating to the benefits of massage was conducted in 2004 by Sheleigh Patricia Lawler.

The first study investigated the effects of massage therapy (compared to a television activity) on perceived stress, coping efficacy, sleep, and health variables in students leading up to final examinations. No big surprise – the results revealed that massage was more effective than the television activity in reducing perceived stress and improving the ability to cope with stress. Perhaps not a surprise, but a good argument to get off the couch and into the spa!

The second study investigated the effects of massage for migraine sufferers, as migraine is aggravated by stress. Results revealed that compared to a control group, the massage group showed a reduction in migraine frequency, fatigue and experienced improved sleep quality.

Source: The University of Auckland, New Zealand

