

## Kingston Massage

Kingston Massage - Therapeutic touch is an alternative healing method which combines energy work with massage to alleviate soreness and some other conditions that afflict the mind and the body. Therapeutic touch therapy usually comprises of utilizing the hands to tap into the person's energy field or actually making contact with them with the intention to facilitate the healing process. Many people report advantages from undergoing some kind of therapeutic touch healing exercise although it is not recognized by traditional medicine.

The modern form of therapeutic touch therapy does not need the addition of any forms of herbs or medication. It draws on numerous alternative therapeutic methods and techniques which is based on connecting with the patient's energy field so as to identify what physical or mental factor is causing uneasiness. Once the origin of pain is discovered, the practitioner could utilize one of numerous therapies to be able to correct the situation and bring back physical, emotional plus spiritual steadiness to the sufferer.

Therapeutic touch therapy usually starts through the use of the hands to softly glide closely over the body without really touching it. The theory behind this system is to allow the energy field of the patient to connect with the energy field of the practitioner. Once the connection has been formed, the practitioner can follow the movement of energy to the chakras or the main meridians in the body so as to establish where the movement is jammed or inhibited. Every chakra or meridian is related to some aspect of the body either physically, psychologically or mentally. Any sort of blockage would produce an unfavorable impact on some part of the client's well being.

After the obstruction has been located, the subsequent stage of therapeutic touch therapy can commence. This may comprise using touch massage strategies as a way to loosen up the person and help stimulate a correct energy flow. Sometimes using a variant of acupressure could be integrated to clear obstructions. It is not uncommon for therapeutic touch practitioners to make use of gentle music or aromatherapy to complement the therapeutic massage and soothe the patient. But, generally in the course of the massage, the surroundings may be completely quiet.

Some therapeutic touch specialists utilize another technique known as ``tapping`` in the period of their treating. Tapping utilizes the index and forefinger to calmly tap on specific areas on the upper chest, hand and face to be able to facilitate a release from adverse physical or emotional elements that are causing problem or discomfort for the sufferer. When the tapping happens, the sufferer either mutely or audibly repeats a mantra which concentrates on the unfavourable symptom or issue. This tapping succession may be repeated multiple occasions if necessary till a release occurs.

Comparable to all types of alternative healing, there are supporters and detractors for therapeutic touch therapy. Supporters point to the fact that therapeutic touch did relief the patients from their ache and ultimately present relief when conventional medical care failed. Detractors focus on the lack of research and controlled experiments that confirm the value of the technique. They also are wary that people with life endangering ailments who are relying on the therapy may delay looking for conventional therapy and can reduce the potentiality for making a complete recovery.

Personal health is a personal preference and people will eventually come to their own conclusions concerning which treatment to seek. Often combining traditional Western techniques with alternative therapies such as therapeutic touch provide greater help to the patient's general health and well-being.