



Michele's Organic Massage

Investments In Knowledge Pay the Highest Dividends

Swedish massage was pioneered by a Swedish physiologist, Henri Peter Ling, at the University of Stockholm in 1812. It was introduced to the U.S. in 1858 as "The Swedish Movement Cure."

Generally during Swedish massage you're nude underneath a towel or sheet. The therapist uncovers only the part of the body he/she is working on, a technique called "draping".

You can keep your underwear on during Swedish massage, and many newcomers do.

Feel free to state your preference for pressure during Swedish massage. It can range from light to firm. Swedish massage usually includes some deeper work on areas of specific muscle tension.