

Classification of massage techniques

Learning objectives

This chapter covers the following:

- **definition of massage**
- **the benefits and effects of massage**
- **classic massage techniques**
- **preparation for massage**
- **additional techniques for massage**
- **other massage therapies**

This chapter aims to introduce the essential underpinning knowledge necessary for all treatments using any form of massage. It will guide you through the different types of movements, their benefits and effects. It will then introduce you to the use of more diverse massage skills.