

# MASSAGE

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## Massage: A Holistic Therapy for Pain Relief and Improved Quality of Life

### Abstract

Massage is a holistic therapy that has been used for centuries to provide comfort and relief to individuals who are dealing with physical and psychological pain. With numerous benefits, it is considered one of the safest and most effective non-invasive treatments for pain management and improved quality of life. This article reviews the types of massage, their advantages, and current evidence for massage as an effective treatment.

Keywords: Massage, Pain relief, Quality of life, Holistic

### Introduction

Massage is a non-invasive, holistic therapy that has been used for centuries to provide comfort and relief to individuals who are dealing with physical and psychological pain. It is a manual manipulation of the soft tissues of the body, such as muscles, tendons, ligaments, and connective tissue, to improve physical function and promote relaxation. Massage has numerous benefits, including increased circulation, improved range of motion, reduced muscle tension, and enhanced mood. Massage is also a popular therapy used to treat a variety of conditions, including chronic pain, anxiety, depression, and autoimmune disorders.

### Types of Massage

There are many different types of massage, each of which is tailored to meet the individual needs of the patient. Common types of massage include Swedish massage, which is a gentle and relaxing massage for relaxation and stress relief; deep tissue massage, which uses more pressure and is used to treat chronic muscle tension and pain; sports massage, which is used to help athletes prepare for and recover from physical activity; and trigger point massage, which is used to release specific areas of tension and pain.

### Advantages of Massage

Massage offers numerous advantages for physical and mental health. Physically, massage can help reduce pain and inflammation, improve circulation, increase flexibility, and reduce muscle tension. It can also help improve posture, reduce fatigue, and increase energy levels. Mentally, massage can help reduce stress, anxiety, and depression while improving concentration and focus. Massage can also help to improve sleep quality and mood.

### Evidence for Massage

There is a growing body of evidence to support the use of massage as an effective treatment for pain relief and improved quality of life. A systematic review of 13 randomized controlled trials found

that massage was more effective than placebo for reducing pain intensity, improving physical function, and improving overall quality of life in individuals with chronic pain conditions (Goyal, Chhikara, & Dixit, 2016). Another study found that massage was associated with improved sleep quality and feelings of relaxation and well-being in individuals with chronic pain (Malinen, & Kalliomäki, 2016).

### Conclusion

Massage is a safe and effective non-invasive treatment for pain relief and improved quality of life. It is a holistic therapy that offers numerous physical and mental health benefits, including reduced pain and inflammation, improved circulation, enhanced mood, and improved sleep quality. There is a growing body of evidence to support its use as an effective treatment for chronic pain and other conditions.

### References

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