

Basic Massage · Stretch | 基本按摩 · 伸展

For immediate release

Massage is an Effective Stress Relief

Basic Massage.Stretch is one of the pioneers in Massage industry in Hong Kong.

While massage therapy has long been regarded as a form of physical treatment, correct massage can be effective on our mental status too. The scientific evidences were explored.

Recent researches have shown that manual stimulation with correct technique could increase the blood flow in our brain, particularly the parietal and occipital regions. The increase in blood flow under correct massage is believed to have positive effect on stress management. Correct massage techniques would bring significant reduction in heart rate and concentration of plasma cortisol (in simple term, our "stress hormone") as well.

It is believed that having regular massage would reduce the stress level among task force.

按摩可有效舒緩壓力

基本按摩 伸展是香港專業按摩治療的先驅。

按摩經常被認為只是一種促進生理健康的治療。其實研究證明正確的按摩治療對我們心理健康同樣有效。當我們的身體接受正確的按摩治療時，腦部(特別是在頂葉和枕葉)的血流量將會增加，同時令心臟跳動減慢，減少血漿皮質醇(**plasma cortisol**)的濃度 - 血漿皮質醇之簡義為"壓力荷爾蒙"。這些反應從而幫助我們減輕所感受的壓力。

Reference

Ouchi Y., Kanno T., Okada H., Yoshikawa E., Shinke T., Nagasawa S., Minoda K., Doi H. Changes in Cerebral Blood Flow under the Prone condition with and without Massage. *Neuroscience Letters*, 2006, 407; 131-135

Media Enquiry: contactus@basicstretch.com

Suite 1005, Wing On Central Building, 26 Des Voeux Road, Central, Hong Kong

香港中環德輔道中 26 號 永安中區大廈 1005 室

Tel: 2530-2110

Fax: 3119-1115

Website: <http://www.basicstretch.com>