

71 - BODY CLASSIC BODY MASSAGE FOR SPAZIANO WELFARE

BRUNA TANAKA ALVARENGA¹
 CHARLENE DE LIMA SILVA¹
 IRIS MORGANA VANNUCCI¹
 LILIAN MICHELE FERREIRA DE MELO¹
 FELIPE SHOLZ RAMOS²
 ÁIDE ANGÉLICA DE OLIVEIRA NESSI²
 ANDRÉ LEONARDO DA SILVA NESSI³

1 Students of the Bachelor of Aesthetics of the University Anhembi Morumbi - SP

2 Co-master advisor of the University Anhembi Morumbi - SP

3 Master advisor of Universidade Anhembi Morumbi - SP

prof.andrenessi@gmail.com

doi:10.16887/89.a1.71

INTRODUCTION

The history of massage is as old as the art of human healing itself, according to De Dominicco (1998), Hippocrates, the father of medicine (460-377 BC), cited steam baths and the application of massage. At the height of the Egyptian Pharaonic power 1000 BC, it was common to massage and care of SPA. For Glogowski and Gantner (1997), the ruins of the imperial baths presented great benefits to their guests of these ancient SPAs with the massages. At the beginning of the 18th century, the Institute of Stockholm, with Peter Henrick Ling, appeared in 1813, the first massage school, spread throughout Northern Europe the Classical Massage. Great German doctors indicated the massage as Cornelius, Muller, Kirchberg. Nowadays, it is one of the most common practices in SPA. The massage is intuitively used as a vigorous friction on the affected region, in order to reduce pain, it is also possible to affirm that instinctively we inherit this attitude, because at some point in our lives we will repeat this same movement and (SANTOS, CORREA and CARVALHO, Brazil, 2016). In this way, it is possible to find a mechanism to manipulate the soft tissues of the body for therapeutic purposes. The word massage came from the Greek "masso" (meaning "to knead"), which translates the real meaning of the technique, so kneading movements that are understood by massage is intended to bring relaxation and well-being to who received it from the earliest days of humanity, for the oldest reference of massage is that of Nei Ching, a Chinese medical text written in the middle of 1500 BC (FACHINI and KORN, 2009).

In the year 1326 the old revolutions brought the first reports about SPAs, which provide therapeutic properties, associating leisure, health, quality of life and relaxation to their clients, following this same reasoning, currently we find SPAs that also have several procedures, beauty, as facial and body aesthetic treatments as well as in the field of well-being as classic massage (CASSAR, 2001).

For Dalmilin (2012), the SPA is an aesthetic evolution that has been growing with innovative technologies, using equipment increasingly modern and current in the space conducive to the relaxation and well-being of its customers, offering services such as classic massage.

OBJECTIVE

To verify the main benefits cited by the authors about the classic body massage for the well-being of the client of SPA.

SPA

There are records on the emergence and advancement of SPAs in multiple cities, the first appearance was with the Egyptians 2000 BC, they already appreciated the use of therapeutic baths, then in ancient Greece (500 BC) spa springs located near sources of hot water which were a place of meetings and philosophical debates of the intellectuals, already in the Roman Empire (27 BC), the population gathered in spa regions and there were more than 170 public baths, likewise in 4 BC, it was done in Greece a treatment center where there were thermal baths. (BAZZAN, MELO, et al., 2008).

In Spain in AD 25 there were the baths of Agres which were the site of the first public baths of great proportion and success, and already in England in AD 43 with the expansion of the Roman empire, the temple and the thermal baths of Aqua Sulis were presented baths for the whole of Europe (SOARES, 2008).

It was founded the city of SPA in Ardennes near Liège in Belgium in 1326 and was named after the Latin phrase Sanus Per Aquan, which was the place where the spas were located and a tourist group that promoted activities of leisure in contact with nature. (GIACOMOZZI, 2009).

Currently there are several SPAs and these have different categories, classified according to ISPA (International SPA Association), which congregates establishments of the five continents, it is estimated that there are more than 18 thousand in the world, of which 1,133 are in Brazil), separating in seven categories: DAY SPA; SPA Destination; SPA Club; SPA Cruise ship; SPA Physician; Thermal SPA; SPA Resort. The SPAs have an infrastructure for aesthetic treatments, physical activities, leisure, with balanced diet and use of relaxation therapies as classic massage (PINTO, 2011)

The SPA host, known as Spaziano, seeks the well-being, through therapies proper to the SPA environment (CREBBIN-BAILEY, 2011) and (SIQUEIRA; BOJADSEN, 2006).

TABLE 1: Physiological effects of classical massage

Enhancement of the global metabolism through direct or indirect stimulation of the glands without ducts or hormonal glands.

Dispersion of lactic acid accumulated in body tissues, decreasing muscle stiffness.

Facilitating structural and muscular growth.

Increased attention, with positive results in people with concentration problems.

Assistance in the development of social activities.

Attenuation of premenstrual symptoms.

Favoring the muscle contour.

Reduced anxiety and nervous tension.

Reduction of emotional and physical stress.
 Skin strengthening.
 Stimulation of fluid circulation, such as blood and lymph.
 Promotion of elasticity, with manipulation of body tissues.

Classic massage basic movements

ØSURFACE SLIP Soft, slow and rhythmic movement provides information about the skin and superficial muscle groups.

ØDEEP SLIDING Makes mechanical action and favors venous and lymphatic drainage

ØMUZZLE Muscle undergoes alternating compressions towards the disposition of its fibers where it is possible to identify local or generalized stiffness or hypotrophy, releasing adhesions. Increases blood supply.

ØFRICTION It consists of circular movements, with rhythm and uniform velocity. It is possible to identify and release adhesions

ØVIBRATION Vibratory impulse aimed at reducing hyperexcitation of the nerves

ØPERCUSSION The ulnar border is used, the hand is flat or closed. It can either do the excitation or the relaxation, depending on the variation of speed, rhythm, pressure and direction.

Fonte: OLIVEIRA, 2012

According to the MICHAELIS dictionary (2008) well-being is defined as: "state of physical well-being, satisfaction of physical and spiritual needs; Pleasant feeling of security, comfort, tranquility; Comfortable material condition, with enough possessions for the convenience of life; material comfort, prosperity."

We can define well-being using Maslow's theory, which in the 1940s proved the Needs Theory, which leads us to understand people's motivation and what is well-being for them. Maslow's theory shows that human satisfaction factors are fragmented into five levels arranged in the form of a pyramid (FERREIRA, 2010).

The most urgent needs, which are physiological and safety needs, lie at the base of the pyramid; Already at the top of the pyramid we find social needs, esteem and self-fulfillment, which are personal needs. (SAMPAIO, 2009).

For Capellini, 2006, the classic massage promotes well-being in the person massaged, guaranteeing the return to the massage professional.

Finally, it is believed that classic massage can promote well-being, which can be defined by some factors such as: occupational, body, social, intellectual, spiritual and emotional, according to the website of the National Institute of Welfare (DA SILVA, 2015).

METHODS

The research method was through a literature review between the year 2001 and the year 2017, with a search of the benefits presented by the classic massage to Spaziano (SPA attendee). The databases used were SciELO, PubMed and academic papers, in Portuguese and English. The key words used were classic massage, massage, SPA, SPA attendant, wellness, SPA environment.

RESULTS AND DISCUSSION

This topic will present the main results and discussions of 30 articles selected on the benefits to SPA attendees.

TABLE 3 - List of main benefits.

AUTORES, ANO	OBJETIVO	METODO	RESULTADOS E CONSIDERAÇÕES FINAIS
BRAUN STEIN, BRAZ, PIVETT A, 2007	Analyze aspects of massage therapy on the physiological effects of the body and effects of tactile stimulation and its influences on emotional aspects.	Search bibliographic review	Therapeutic massage is approached as a technique that stimulates the person integrally on the neuropsychoneuroendocrine systems
CAMPOS; GRAVE TO. 2010	Analysis of the influence of relaxing massage on human behavior and how it influences oxytocin	25 healthy women without hormone treatment. It was done relaxing massage and measured oxytocin before during and after.	There was a maximal increase in oxytocin in 14 of 25 women. Reducing stress levels.
DA SILVA, 2015	To know Wellness tourism, focusing on the main concepts and fundamentals of Wellness.	Qualitative study, of a bibliographic, intentional character.	It can be seen that the term Wellness has a significant tendency, since it is added to humanized services in a harmonious environment.
FACHINI, KORN, 2009	Study on the neurophysiological effects of therapeutic massage	Research literature review	The neuroreceptors respond to different stimuli: intense mechanical pressure, mechanical and thermal stimulation; chemicals.
FARIAS; MENEZES. 2016	To verify the profile of urban SPAs in Curitiba-PR, using three variables: customer profile, treatments and trends.	Exploratory and descriptive studies, using questionnaires to the managers of four SPAs. And participant observation.	The clients are adult women, they spend little time in the SPAs. The most sought after services are massages (wellness) and rejuvenation.

LIMA et al, 2015	To evaluate the physiological and psychological effects on massage techniques and quick massage in	Thirty volunteers from the Anhembi Morumbi University, both sexes and between the ages of 18 and 59 and 11 months,	It was observed that systolic and diastolic pressure decreased, causing a relaxing effect for the volunteers who reported being stressed
MICHAELIS, 2008	Dictionary of words that aims to elucidate the understanding of terms of the Portuguese language	Catalog of terms with their respective meanings	Wellness is defined as: "state of good physical disposition, satisfaction of physical and spiritual needs; Pleasant feeling of security, comfort, tranquility;
OLIVEIRA, 2015	Effect of classical massage on the quality of life of university students	Evaluate 2 groups of 10 women	Classical massage can be a strategy to improve vide quality in university students
OLIVEIRA, 2012	Review the types of massages and their benefits, and emphasize that massage therapy has undergone many changes as its effectiveness has been discovered.	Systematic review of the literature, research on articles and books of the SciELO website, between 1998 and 2010	Classical aesthetic massage can aid in the reduction of measures and edemas, stimulate blood circulation, metabolism and neuromuscular responses, harmonize body contours and minimize anxiety and depression, increasing self-esteem and quality of life.
PADOVEZ, 2014	Analysis of the perception of the hospitality of the masculine public on the Brazilian SPAs.	An exploratory-descriptive study, consisting of 119 interviews with men, being visited 3 SPAs in the city of São Paulo.	37% of the interviewees were already in an SPA, of these, 25% are regulars.
PINHEIRO, 2013	Study of the massage antistress in reducing the level of stress in caregivers of children with cancer	Basic movements of the Swedish massage were made in 11 volunteers, aged 17 to 46 years, for 25 min each, with the treatment time from 6 months to 9	Positive and significant result in the decrease of the stress level, since the anti-stress massage and the therapeutic touch were shown to be a complementary therapy.
SANTO S, CORREA, CARVALHO, 2016.	Study to implant a Social SPA in the Santo Antônio Asylum in Caxambu - MG	The techniques performed for 10 months in the asylum include: relaxing massage, lymphatic drainage, skin hydration, electrotherapeutic	There is significant improvement in the emotional aspects, skin alterations, through the recovery of the self-esteem and valorization of the quality of life.
MANSO, 2013	To ascertain the physiological effects triggered by classical massage in patients with depressive symptoms.	Bibliographical research, with scientific articles between 1995 and 2008.	A balance was observed between the sympathetic and parasympathetic systems, releasing chemicals that promote wellness and pain relief, when applying classical massage to depressive patients.

FINAL CONSIDERATIONS

According to the research data, we can consider that the Classical Massage in the SPA, promotes positive feelings to Spaziano, among the authors researched, we can cite the following benefits: global satisfaction; increased confidence and pleasure; favors social inclusion; improves neuropsychoneuroendocrine systems; increases oxytocin and endorphin and thus reduces the level of stress; Relax the mind; relieves muscle aches and aids in recovery after sports activities; improves muscle function; improves the human relationship; has rejuvenating action perceived by massaging; improves cardiac responses with decreasing systolic and diastolic pressure; contributes to motor gains in special cases such as Down's Syndrome; contributes to all phases of life, increases safety, tranquility and comfort; improves physical disposition, promotes greater satisfaction with physical and spiritual needs; improves relaxation in cancer patients; decreases tension in college students; decreases edema and decreases body measurements; stimulates circulatory systems; increases metabolic and neuromuscular responses; decreases anxiety and depression; improves self-esteem; contributes to quality of life; considered as excellent complementary therapy; favors greater integration between body and mind; the frequency makes value the quality of life. The beneficial results promoted by classical massage are factors to increase the frequency in the SPA environment, to promote well-being and quality of life.

References

- ALMEIDA, M. M. C. Effect of the Spa Environment on Emotions and Intentions, Master's thesis. University of Aveiro, Portugal, 2011.
- BAZZAN, M. C. et al. Proposal of a Social SPA for the Municipalities., Balneário Camboriú, SC, 2008.
- BRAUNSTEIN, M. V. G. ; BRAZ, M. M. ; PIVETTA, H. M. F. The Physiology of Therapeutic Massage., Santa Maria, RS, 2007.
- CAMPOS, D. C. F. ; GRAVETO, J.M. G. D. Oxytocin and Human behavior, Coimbra, Portugal. Journal of Nursing, Vol. III núm. 1, July, 2010, pp. 125-130.
- CASSAR, M.-P. Manual of massage therapy: a complete guide to massage therapy for the student and the therapist. São Paulo, SP: Manole, 2001.
- CÉSAR CAVINATO CALABAD, L. T. I. R. B. C. U. V. T. Effect of Classical Massage on Subjective Perception of Pain,

Edema, Articular Amplitude and Maximum Strength after Exercise-induced Delayed Muscle Pain. *Revista Brasileira de Medicina do Esporte*, p. 36-40, 2010.

CREBBIN-BAILEY, J. ; HARCUP, J. ; HARRINGTON, J. *The SPA Book: The Official Guide to Spa Therapy*. First edition. Boston, USA, Cengage Learning, 2011.

CAPELLINI, S. *Massage Therapy Career Guide for Hands on Success*. 2a. Edition. Boston, USA, Milady, 2006.

DA SILVA, I. G. O. C. M. M. A. M. F. F. V. *Wellness Tourism: Concepts and Basics of Wellness*. XII Annual Seminar of the National Association of Research and Postgraduate in Tourism (ANPTUR), Nata, RN, 2015.

DALMOLIN C, L. E. J. D. R. T. M. F. *Náutico SPA Tourist: a Proposal for Welfare, Beauty and Aesthetics*, Vale do Itajai, SC, 2012.

FACHINI, J. ; KORN, S. *Neurophysiological Effects of Therapeutic Massage*, Florianópolis, SC, 2009.

FARIAS, A. P. P. ; MENEZES, V. O. *The profile of the urban spas of Curitiba*. XIII Annual Seminar of the National Association of Research and Postgraduate in Tourism (ANPTUR), 2016.

FERREIRA, A.D., M.P., P. E. O. *The Theory of Needs of Maslow: The Influence of the Educational Level on its Perception in the Work Environment*. XIII Seminars in Administration (SemeAd), 2010.

GIACOMOZZI, F. A. M. S. T. F. *Determining Factors for the Implementation of a SPA*, Balneário Camboriú, SC, 2009.

HUGO PERALTA SIQUEIRA, T. W. D. A. B. *Analysis of physiological changes from classic massage as a function of time of application*. *Revista PIBIC*, p. 59-72, 2006.

LAURA CASTRO DE GARAY, Í. L. E. S. H. B. *CUSTOMIZED TRAINING: A PARADIGMATIC APPROACH TO PERFORMANCE FOR WELL-BEING*. *Electronic Journal of the School of Physical Education and Sports - UFRJ*, p. 144-159, 2008.

LIMA, A. V. S. et al. *Verify Physiological and Psychological Effects of Quick Massage and Podal Massage in Spontaneous Volunteers Attended by Estheticians*, São Paulo, SP, 2015.

LIMA, P. L. S. D. *EXPLORATORY STUDY ON THE BENEFITS OF SHANTALA IN BABIES WITH DOWN SYNDROME*, Curitiba, 2004.

MACHADO, N. L. ; TOKARS, E. *The Benefits of Classical Body Massage in Women's Health*, Curitiba, PR, 2010.

MACHADO, S. R. B. Q. E. L. *Analysis of Usability in Wellness Spaces in Sanus Per Aquan (Spa)*. XII National Meeting of Built Environment Technology (ENTAC), 2008.

MICHAELIS. *Modern Dictionary of the Portuguese Language*. São Paulo: Improvements, 2008.

MICHELE SALVADOR, C. C.R., C.C. C. D. C. *EMPLOYMENT OF RELAXATION FOR PAIN RELIEF IN ONCOLOGY*. *Journal of the Nursing Network of the Northeast*, p. 120-128, 2008.

NUNO MIGUEL LOPES DE OLIVEIRA, M. F. D. H. S. S. D. C. *Effect of classical massage on the quality of life of university students*. *Physiotherapy in Movement*, p. 793-802, 2015.

OLIVEIRA, N. H. D. *The Benefits of Classical Massage in Body Image*, Cuiabá, MT, 2012.

PADOVEZ, F. *Hospitality of Spas in Perception of the Male Public*, São Paulo, 2014.

PINHEIRO, L. O. J. L. C. A. N. A. *Importance of Anti-stress / Therapeutic Touch Massage in Reducing Stress Level in Caregivers of Children with Cancer*, São Paulo, SP, 2013.

PINTO, T. C. *SPA URBANO*, Campo dos Goytacazes, 2011.

SAMPAIO, J. D. R. *The unknown Maslow: a review of his main works on motivation*, São Paulo, SP, v. 44, n. 1, 2009.

SANTOS, J. F. D. ; CORREA, T. V. ; CARVALHO, A. A. *SOCIAL SPA*, Três Corações, MG, v. 6, n. 1, 2016.

SOARES, M. L. G. A. M. I. D. T. F. G. J. *SPA BUTTERFLY: Pilot project for the special needs segment*, Balneário Camboriú, SC, 2008.

VANDER LUIZ DA SILVA, F. A. R. C. M. U. *Theories of motivation: an approach to the hierarchy of needs of Maslow*, 2015.

MANSO, V.M.C. ; FERNANDEZ, G.A.M. ; BRITO, A.K.C. ; CABANAS, A. *Relevance of Classical Massage in Patients with Depression*. In: XVI Latin American Meeting of Post Graduation (XVI EPG) 2016, São José dos Campos. Education and Science XVIPEG, 2016.

BODY CLASSIC BODY MASSAGE FOR SPAZIANO WELFARE

Introduction: The history of massage is as old as the art of human healing itself, historical records show the ruins of the imperial baths that presented great benefits to its guests from these ancient SPAs with massages. Objective of this research was to verify the main benefits cited by authors on the classic body massage for the well-being of Spaziano. Method of research was through a bibliographic review between the year 2001 and the year 2017, with a search of the benefits presented from classic massage to the Spazian. The databases used were SciELO, PubMed and academic papers, in Portuguese and English. Results, of the 58 surveyed, were used 30, which cited the main benefits: overall satisfaction; increased confidence and pleasure; favors social inclusion; improves neuropsychic systems; increases oxytocin and endorphin and thus reduces the level of stress; Relax the mind; relieves muscle aches and aids in recovery after sports activities; improves muscle function; improves the human relationship; has rejuvenating action perceived by massaging; improves cardiac responses with decreasing systolic and diastolic pressure; contributes to motor gains in special cases such as Down's Syndrome; contributes to all phases of life, increases safety, tranquility and comfort; improves physical disposition, improves relaxation in cancer patients; decreases tension in college students; decreases edema and decreases body measurements; stimulates circulatory systems; increases metabolic and neuromuscular responses; decreases anxiety and depression; improves self-esteem; contributes to quality of life; considered as excellent complementary therapy; favors greater integration between body and mind; the frequency makes value the quality of life. Final considerations: The beneficial results promoted by classical massage are factors to increase the frequency in the SPA environment by the Spazians to promote well-being and quality of life.

Keywords: MASSAGE, WELL-BEING, RELAXATION.

MASSAGE CORPOREL CLASSIQUE POUR LE BIEN-ÊTRE SPAZIANO

L'histoire du massage est aussi ancienne que l'art de guérir, les archives historiques montrent les ruines des bains impériaux qui offraient de grands avantages à ses hôtes grâce à ces massages. L'objectif de cette recherche était de vérifier les principaux avantages cités par les auteurs du massage corporel classique pour le bien-être de Spaziano. La méthode de recherche consistait en une revue bibliographique entre 2001 et 2017, avec une recherche des avantages présentés par le massage classique au espagnol. Les bases de données utilisées étaient SciELO, PubMed et des articles universitaires, en portugais et en anglais. Les résultats, sur les 58 enquêtés, ont été utilisés 30, qui ont cité les principaux avantages: satisfaction globale; confiance et plaisir accrus; favorise l'inclusion sociale; améliore les systèmes neuropsychicoendocriniens; augmente

l'ocytocine et l'endorphine et réduit ainsi le niveau de stress; détend l'esprit; soulage les douleurs musculaires et aide à la récupération après les activités sportives; améliore la fonction musculaire; améliore la relation humaine; a une action rajeunissante perçue en massant; améliore les réponses cardiaques en diminuant les pressions systolique et diastolique; contribue à des gains moteurs dans des cas particuliers tels que le syndrome de Down; contribue à toutes les phases de la vie, augmente la sécurité, la tranquillité et le confort; améliore la relaxation chez les patients cancéreux; diminue la tension chez les étudiants; diminue l'œdème et diminue les mensurations; stimule les systèmes circulatoires; augmente les réponses métaboliques et neuromusculaires; diminue l'anxiété et la dépression; améliore l'estime de soi; contribue à la qualité de la vie; considéré comme une excellente thérapie complémentaire; la fréquence valorise la qualité de vie. Considérations finales: Les résultats bénéfiques promus par le massage classique sont des facteurs permettant d'augmenter la fréquence des spaziens dans l'environnement SPA afin de promouvoir le bien-être et la qualité de vie.

Mots-clés: MASSAGE, BIEN-ÊTRE, DÉTENTE.

MASAJE CLÁSICA CORPORAL PARABIENESTAR DEL SPAZIANO

La historia del masaje es tan antigua como el propio arte de curación humana, registros históricos, muestran las ruinas de los baños imperiales que presentaban grandes beneficios a sus frequentadores de estos SPA antiguos con los masajes. El objetivo de esta investigación fue verificar los principales beneficios citados por autores sobre el masaje clásico corporal para el bienestar del Spaziano. El método de investigación fue a través de una revisión bibliográfica entre el año 2001 al año 2017, con búsqueda en los beneficios presentados del masaje clásico al Spaziano. Las bases de datos utilizadas fueron SciELO, PubMed y trabajos académicos en portugués e Inglés. Resultados, de los 58 encuestados, fueron aprovechados 30, que citaron los principales beneficios: satisfacción global; aumento de la confianza y del placer; favorece la inclusión social; mejora los sistemas neuropsicoendocrinos; aumenta la oxitocina y la endorfina y así reduce el nivel de estrés; relaja la mente; alivia los dolores musculares y ayuda en la recuperación post-actividades deportivas; mejora las funciones musculares; mejora las respuestas cardiacas con la disminución de la presión sistólica y diastólica; contribuye a ganancias motoras en casos especiales como el síndrome de Down; contribuye en todas las fases de la vida, aumenta la seguridad, la tranquilidad y el confort; mejora la disposición física, mejora la relajación en pacientes oncológicos; disminuye la tensión en universitarios; disminuye los edemas y disminuye las medidas corporales; estimula los sistemas circulatorios; aumenta las respuestas metabólicas y neuromusculares; disminuye la ansiedad y la depresión; mejora la autoestima; contribuye a la calidad de vida; la frecuencia hace valorar la calidad de vida. Consideraciones finales: Los resultados benéficos promovidos por el masaje clásico son factores para aumentar la frecuencia en el ambiente de SPA por los Spazianos para la promoción del bienestar y la calidad de vida.

Palabras claves: MASAJE, BIENESTAR, RELAJAMIENTO.

MASSAGEM CLÁSSICA CORPORAL PARABEM-ESTAR DO SPAZIANO

Introdução: A história da massagem é tão antiga quanto à própria arte de cura humana, registros históricos, mostram as ruínas dos banhos imperiais que apresentavam grandes benefícios aos seus frequentadores destes SPA antigos com as massagens. Objetivo desta pesquisa foi verificar os principais benefícios citados por autores sobre a massagem clássica corporal para bem-estar do Spaziano. Método de pesquisa foi através de uma revisão bibliográfica entre o ano de 2001 ao ano de 2017, com busca nos benefícios apresentados da massagem clássica ao Spaziano. As bases de dados utilizadas foram a SciELO, PubMed e trabalhos acadêmicos, nos idiomas português e inglês. Resultados, dos 58 pesquisados, foram aproveitados 30, que citaram os principais benefícios: satisfação global; aumento da confiança e do prazer; favorece inclusão social; melhora os sistemas neuropsicoendócrinos; aumenta oxitocina e endorfina e assim reduz o nível de estresse; relaxa a mente; alivia dores musculares e auxilia na recuperação pós-atividades esportivas; melhora as funções musculares; melhora a relação humana; tem ação rejuvenescedora percebida pelo massageado; melhora as respostas cardíacas com a diminuição da pressão sistólica e diastólica; contribui para ganhos motores em casos especiais como Síndrome de Down; contribui em todas as fases da vida, aumenta a segurança, tranquilidade e o conforto; melhora a disposição física, melhora o relaxamento em pacientes oncológicos; diminui a tensão em universitários; diminui edemas e diminui medidas corporais; estimula sistemas circulatorios; aumenta as respostas metabólicas e neuromusculares; diminui a ansiedade e a depressão; melhora a autoestima; contribui para qualidade de vida; considerada como ótima terapia complementar; favorece maior integração entre o corpo e a mente; a frequência faz valorizar a qualidade de vida. Considerações finais: Os resultados benéficos promovidos pela massagem clássica são fatores para aumentar a frequência no ambiente de SPA pelos Spazianos para promoção de bem-estar e qualidade de vida.

Palavras-chaves: MASSAGEM, BEM-ESTAR, RELAXAMENTO.