

skin health and massage

*Posted by **Massage Heights** on Mar 1, 2010 in **Massage Tips***

You probably already know that your skin is your largest organ. It weighs about 10% of your total body weight. Did you know that your skin's main function is to protect your health? It's the barrier between you and the world. Skin is comprised of tissues that work together to control your body temperature, manufacture vitamin D, fight off infections, sense dangers, and more! The nerve endings on your skin's surface detect and relay information about your surrounding environment to your brain. Your brain then translates the information into sensations like hot, cold, touch, pressure, and pain.

Massage has so many beneficial effects on the skin. It improves your circulation, which increases nutrition delivery to your cells and encourages healthy cell regeneration. Pushing and stretching the skin warms the subcutaneous soft tissue and reduces tension. Massage can help to moisturize and soften dry skin. Massage increases sweat production, allowing you to excrete more waste products and toxins. Massage stimulates the release of endorphins, those "feel good chemicals" we all have, relieving pain, relaxing you, and lowering the level of stress-causing chemicals in your body.

Massage is just one thing you can do to protect and nurture the amazing organ called "skin." We'll talk about hydration and limiting your sun exposure in another blog. In the meantime, check out these websites for more information about skin!

<http://health.howstuffworks.com/skin-care/beauty/sun-care/sunscreen1.htm>

http://www.aarp.org/health/conditions/articles/harvard__skin-care-and-repair_1.html