

Gentle Massage for the Frail or Ill

Age, illness or disability can rob us of the capacity to be active or to enjoy many of the things that others take for granted. Daily activities that should be pleasurable or private such as washing, sleeping or eating can be difficult. Necessary medical procedures can further diminish independence and quality of life.

With a calm, attentive touch and an empathetic ear, a practitioner skilled in comfort massage can help alleviate the physical and emotional strain of illness and disability. In addition, the accepting, non-demanding presence of a massage therapist can bridge the isolation and loneliness experienced by one who is ill or bedridden. This affirms that the person is still touchable regardless of their changing condition.