

Swedish Massage

Swedish is the basic form of all Western modern methods of massage. It was developed by Per Henrik Ling in Sweden in the 1820s. Ling, who is also the father of Swedish gymnastics and a pioneer of modern physiotherapy, rediscovered massage forgotten in the West for centuries since the collapse of the Roman Empire. He combined ancient Chinese, Egyptian, Greek and Roman techniques with modern physiology. Berghman and Helleday in the 1870's further developed and structured this method into four main phases: Effleurage (long gliding strokes) Petrissage (kneading), Friction and Tapotment (beatings).