

Scientific Backing for Integrating Affirmations, Music, and Massage

Enhance your massage sessions by integrating affirmations and healing music, supported by credible scientific research. This multi-modal approach not only deepens relaxation but also facilitates physiological healing responses in the body. Here are key studies that support this integrative method:

Hypnosis and Chronic Pain Management

Jensen, Mark P., et al. (2011). "Hypnosis for Chronic Pain Management." Oxford University Press. Research shows that hypnosis—especially when involving positive suggestion and relaxation techniques—can significantly reduce chronic pain. When combined with massage, the brain's perception of pain is shifted, improving emotional well-being and reducing stress-related tension.

The Power of Self-Affirmation

Cascio, Christopher N., et al. (2016). "Self-affirmation activates the ventromedial prefrontal cortex and is associated with reduced stress." Proceedings of the National Academy of Sciences. This study shows that affirmations activate the brain's ventromedial prefrontal cortex, reducing stress and enhancing self-regulation. This can enhance the therapeutic impact of massage by promoting a calm mental state and supporting physical healing.

Massage Therapy Research Overview

Field, Tiffany (2014). "Massage therapy research review." Complementary Therapies in Clinical Practice. Massage therapy has been shown to lower cortisol, increase serotonin and dopamine levels, improve immune function, and reduce pain. These changes create a fertile ground for healing when paired with calming affirmations and sound therapy.

Your Massage Therapist:

Address:

Phone

Appointment Date/Time: