Holistic massage is an ancient method of healing that clears the lymphatic drainage system and releases toxins from the body. By recognizing that illness and stress affects not only our physical but also our emotional, spiritual and mental well-being, holistic massage allows the body's natural healing abilities to come forth and balance the entire body as a whole.

Holistic massage techniques have been used for thousands of years in Egypt, China and India.There are four main massage techniques used in holistic massage. Effleurage involves stroking movements; petrissage is a technique that resembles kneading; tapotement includes cupping movements and hacking; and vibrational movements are created using the fingers.  
  
The term "holistic" derives from the ancient Greek word "holos," which means "whole." By definition, holistic massage treats the whole of the body as a single unity.  
  
Holistic massage can lead to better circulation, less physical tension and deeper breathing, which oxygenates the entire body. There are also many emotional and mental benefits from holistic massage.