Would you like to experience the many benefits of massage therapy, but wonder how to find the right massage therapist for you?

Imagine stretching out on a comfortable massage table, while your aches and pains are expertly soothed away; having the peace of mind that your therapist has a high level of training and professional standards.

Choose a Massage New Zealand registered therapist and know that you're in safe hands.

Locating a Massage New Zealand registered therapist

Massage New Zealand has therapists located throughout the country. To find your nearest therapist, as well as finding out more about any type of treatment in which they specialise and a link to their website, visit our website at:

www.massagenewzealand.org.nz

then click on "**FIND A THERAPIST**"

Contact Us

Phone: 0800 367 669

PO Box 4131,
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www.massagenewzealand.org.nz

qualified to impress

A Guide to

Therapeutic Massage

in New Zealand

massage new zealand

The Association for Professional Massage Therapists

MASSAGE IN NEW ZEALAND

The practice and profile of massage is steadily rising, both worldwide and in New Zealand.

In response to this demand in NZ, Massage New Zealand (MNZ) formed in 2006, an amalgamation of two long standing massage associations. The association has been central in developing the high massage standards now used in New Zealand. The teaching of massage is now overseen by approved colleges.

MNZ continues to provide a forum to represent and promote genuine therapeutic massage and disseminate information to its members, as well as providing peace of mind to consumers that they are receiving excellent treatment.

MNZ encourages and supports the highest quality therapists.

HISTORY

Massage may possibly be the oldest recorded health therapy. Ancient depictions of massage in Chinese and Indian manuscripts, Egyptian art and Greek and Roman literature prove its long history. It is possibly the foundation of most modern medical therapies.

SCIENCE

Research studies at the 'Touch Research Institute' now scientifically confirm the many benefits of massage.

Massage contacts the largest organ in the body - the skin. Pressure and stretching stimulates most other organs, vessels, glands and tissues.

This leads to beneficial effects on heart rate, blood pressure, digestion, respiration and the immune system. The stimulation also releases endorphins, our body's natural pain killers. Massage also has a range of psychological benefits, making it a holistic therapy.

Lifestyle Problems

Stress: at home and /or work
Weary muscles: from work or play
Tension: headache, clenched jaw
Overuse injuries: OOS, tennis elbow
Poor posture: from faulty biomechanics
Emotional build-ups: from 'muscle memory'
Back and Neck Pain: whiplash, low back pain
Trauma: injuries, muscular strains and joint sprains
Stagnant circulation: swelling, congestion
Nerve Impingement: sciatica, carpal tunnel syndrome

How you can Benefit

- ✓ Prevention and treatment of injury
- ✓ Alleviates pain
- ✓ Improvement in sporting performance
- ✓ Rehabilitation of faulty movement
- ✓ Maintenance of good posture
- ✓ Promotes good immune system function
- ✓ Increase in circulation
- ✓ Management of daily stress
- ✓ General health and wellbeing
- ✓ A relaxing treat

Massage Specialities

Therapeutic: remedial or deep tissue
Sports: natural performance enhancer
Relaxation: let go of stress
Aromatherapy: benefits of essential oils
Neuromuscular Therapy: chronic pain relief
Pregnancy/Infant/Geriatric: lifelong care
Lymphatic Drainage: alleviate fluid build-up
Energy Massage: Polarity, Reiki, Reflexology
Chair Massage: wellbeing at the workplace

MASSAGE NEW ZEALAND STANDARDS OF PRACTICE

Registered MNZ practitioner members are:

REMEDIAL MASSAGE THERAPISTS (RMTs)

Scope of Practice: Remedial treatment of soft tissue dysfunctions such as muscle imbalances and postural problems, along with muscle injuries.

Qualifications: a minimum of a Diploma of Massage.

or

CERTIFIED MASSAGE THERAPISTS (CMTS)

Scope of Practice: Relaxation and stress management massage.

Qualifications: a minimum of a Certificate of Massage.

Your MNZ Therapist:

- Undergoes ongoing professional development
- Displays a current Practicing Certificate
- Works under MNZ's Code of Ethics
- Has a current First Aid Certificate
- Works within their relevant Scope of Practise