

Massage therapy is the key



Although the power of massage is sometimes underestimated, it has always been an important therapeutic adjunct to traditional martial arts training.

Beyond its role as a primary rehabilitative technique for treating injuries, massage has always been highly valued by martial artists and athletes for its ability to minimize the occurrence of injuries as well as significantly reduce pain and suffering.

Some of its more familiar benefits are:

- ◆ improved circulation of both blood and Chi
- ◆ relaxation of constricted or sore muscles and sinews (ligaments and tendons)
- ◆ improved transportation of synovial fluids

The personification of the fraternal warrior spirit is demonstrated by the traditional practice of assisted stretching between training partners at the beginning of a training session ~ followed by the regular exchange of massage (each training partner massaging the other) at the end of the training session. It was also a common practice for students to massage the master (Sifu or Sensei).

This therapeutic protocol was considered an important part of training for preventing injuries and improving flexibility. Out of this tradition certain therapeutic massage oils have become well known and enjoyed continuous use over the centuries based on their proven effectiveness. Information on four of the most effective massage oils follows.



BAI HUA YOU

White Flower Oil

An analgesic oil made from a blend of aromatic herbs such as menthol, wintergreen, camphor, peppermint, lavender and eucalyptus, which is used for aches and pains due to trauma or arthritis. It can be applied to joints and lower back, and is useful for dispelling blood stasis in traumatic injury and swelling. It can be used as a liniment for Tui Na massage. It comes in a 0.5 fluid ounce bottle.



Cost: One bottle **\$10.95** (item # 6oCW), 4 bottles **\$41.99** (item # 6oCW4)

PO SUM ON OIL

Aka: Maintain Peaceful Heart Oil is medicated oil that is a formulation of peppermint, dragon blood, cinnamon oil, and Chinese camellia oil. It relieves pain, promotes circulation and tissue regeneration, has warming qualities, eases joint and muscle aches, and rheumatic pains, and it is an excellent massage oil used to prevent injuries as well as improve flexibility. It comes in a 30 ml bottle.



Cost: One bottle **\$8.95** (item # 6oAW), 4 bottles **\$34.99** (item # 6oAW4).

HUNG FAH YEOW

Imada Red Flower Oil

Red Flower Oil is an analgesic that contains cinnamon leaf, sanguis draconis, flos carthami, and methyl salicylate, which provides temporary relief from minor muscle aches and joint pain, back pain, arthritis, strains, sprains, bruises, neck and shoulder injuries and stiff muscles, as well as being highly effective as a massage oil when used for the prevention of injuries and to increase flexibility. It comes in a 25 ml bottle.



Cost: One bottle **\$14.95** (item # HFY), 4 bottles **\$58.00** (item # HFY4).

WOODLOCK MEDICATED OIL

Chinese Muscle Oil

Woodlock oil is perhaps the most famous Chinese medicated oil; it is made from methyl salicylate, menthol and camphor, and it is well know for its ability to promote circulation of blood and chi, to ease joint and muscle aches, as well as being a powerful massage oil that will prevent injuries and improve flexibility. It comes in a 50 ml bottle.



Cost: One bottle **\$14.95** (item # 6oBW), 4 bottles **\$57.99** (item # 6oBW4)

Can't decide which to use?

All of these are fantastic oils, and highly effective. Which is best, really depends on how you wish to use the oils. We recommend you try all four, then make up your own mind about which is best. We offer an introductory discount for the purchase of all of these oils ~ if you purchase one bottle of each of the four oils the cost will be: **\$47.00** (refer to item # SP4).



How to effectively use these oils

Massage the oil into the affected area or over the body, allowing it to penetrate. After completing the massage wrap the body with a hot towel to keep the area warm and allow the oil to fully penetrate for approx. 15 to 30 minutes. In cases of injuries to muscles and tendons, this procedure can be repeated up to four times daily.

Do not apply oil to open wounds.

If you'd like to know more about our therapeutic massage oils, or if you

would like to purchase, please give us a call or send an email. We look forward to hearing from you.

To gain access to massage products go to:

<http://seaofchi.com/Martial%20Training-305/Massage%20Oils,%20Balms%20and%20Salves-312>



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11.2015