

Why To Cancel When You're Ill

If you have a fever or an infectious sickness, even a common cold, that is good reason to postpone your massage appointment. For one thing, touch may not feel good. For another thing, you may be contagious, especially in the first stages of a cold or flu. This is usually when you are feeling the worst, when you are coughing and sneezing frequently. The more you limit your contact with others, including your massage therapist, the less you will spread it around. For example, if you don't "pass" a cold on to your massage therapist, he or she won't spread it to all the other clients.

Studies show that you can transmit a cold or flu to others one or two days before your symptoms appear, and up to five days after first being exposed to the virus. According to the National Institutes of Health (NIH), colds are most contagious two to four days after original exposure, when there is plenty of the virus present in nasal secretions.

There is another reason to avoid massage when you have a cold or flu. Because one of the major impacts of massage is on the circulation (including the removal of wasteful by-products and infectious materials), it is thought that massage can actually increase the spread of infection in your body. If you are sick, your immune system is already working hard.

One of the best immune supports may truly be resting and drinking plenty of liquids.

And, remember, whenever you have any questions about the appropriateness of massage, be sure to talk with a massage therapist when you schedule the appointment. And, if you are under the care of a physician for any reason, let them know you are receiving massage therapy.

See this website for more information: www.goaskalice.columbia.edu .