



Society for
Oncology
Massage

Benefits of Massage for Caregivers

Massage provides a supportive respite that nourishes body, mind, and spirit.



Sometimes the best thing you can do for your loved one is to be present in the moment, giving yourself the gift of time and allowing yourself to be the recipient of care. Massage can benefit caregivers by:

- Relieving stress
- Easing pain
- Supporting sleep
- Bringing comfort
- Decreasing fatigue
- Reducing tension

Massage may also be used by family caregivers as a helpful form of support in the care of their loved one. A skilled touch professional can share techniques with family and friends to provide a safe, gentle massage for their loved one.