INTRODUCTION

The history of massage is as old as the art of human healing itself, according to De Dominico (1998), Hippocrates, the father of medicine (460-377 BC), cited steam baths and the application of massage. At the height of the Egyptian Pharaonic power 1000 BC, it was common to massage and care of SPA. For Głogowski and Gantner (1997), the ruins of the imperial baths presented great benefits to their guests of these ancient SPAs with the massages. At the beginning of the 18th century, the Institute of Stockholm, with Peter Henrick Ling, appeared in 1813, the first massage school, spread throughout Northern Europe and finally in 1856, in Munich, appeared the first massage school. Nowadays, it is one of the most common practices in SPA. The massage is intuitively used as a vigorous friction on the affected region, in order to reduce pain, it is also possible to affirm that instinctively we inherit this attitude, because at some point in our lives we will repeat this same movement and (SANTOS, CORREA and CARVALHO, Brazil, 2016). In this way, it is possible to find a mechanism to manipulate the soft tissues of the body for therapeutic purposes. The word massage came from the Greek "masso" (meaning "to knead"), which translates the real meaning of the technique, so kneading movements that are understood by massage is intended to bring relaxation and well-being to who received it from the earliest days of humanity, for the oldest reference of massage is that of Nei Ching, a Chinese medical text written in the middle of 1500 BC (FACHINI and KORN, 2009).

In the year 1326 the old revolutions brought the first reports about SPAs, which provide therapeutic properties, associating leisure, health, quality of life and relaxation to their clients, following this same reasoning, currently we find SPAs that also have several procedures, beauty, as facial and body aesthetic treatments as well as in the field of well-being as classic massage (CASSAR, 2001).

For Dalmilin (2012), the SPA is an aesthetic evolution that has been growing with innovative technologies, using equipment increasingly modern and current in the space conducive to the relaxation and well-being of its customers, offering services such as classic massage.

OBJECTIVE

To verify the main benefits cited by the authors about the classic body massage for the well-being of the client of SPA.

SPA

There are records on the emergence and advancement of SPAs in multiple cities, the first appearance was with the Egyptians 2000 BC, they already appreciated the use of therapeutic baths, then in ancient Greece (500 BC) spa springs located near sources of hot water which were a place of meetings and philosophical debates of the intellectuals, already in the Roman Empire (27 BC), the population gathered in spa regions and there were more than 170 public baths, likewise in 4 BC, it was done in Greece a treatment center where there were thermal baths. (BAZZAN, MELO, et al., 2008).

In Spain in AD 25 there were the baths of Agres which were the site of the first public baths of great proportion and success, and already in England in AD 43 with the expansion of the Roman empire, the temple and the thermal baths of Aqua Sulis were presented baths for the whole of Europe (SOARES, 2008).

It was founded the city of SPA in Ardennes near Liège in Belgium in 1326 and was named after the Latin phrase Sanus Per Aquan, which was the place where the spas were located and a tourist group that promoted activities of leisure in contact with nature. (GIACOMOZZI, 2009).

Currently there are several SPAs and these have different categories, classified according to ISPA (International SPA Association), which congregates establishments of the five continents, it is estimated that there are more than 18 thousand in the world, of which 1,133 are in Brazil), separating in seven categories: DAY SPA; SPA Destination; SPA Club; SPA Cruise ship; SPA Physician; Thermal SPA; SPA Resort. The SPAs have an infrastructure for aesthetic treatments, physical activities, leisure, with balanced diet and use of relaxation therapies as classic massage (PINTO, 2011).

The SPA host, known as Spaziano, seeks the well-being, through therapies proper to the SPA environment (CREBBIN-BAILEY, 2011) and (SIQUEIRA; BOJADSEN, 2006).

TABLE 1: Physiological effects of classical massage

Enhancement of the global metabolism through direct or indirect stimulation of the glands without ducts or hormonal glands.

Dispersion of lactic acid accumulated in body tissues, decreasing muscle stiffness.
Facilitating structural and muscular growth.
Increased attention, with positive results in people with concentration problems.
Assistance in the development of social activities.
Attenuation of premenstrual symptoms.
Favoring the muscle contour.
Reduced anxiety and nervous tension.
Reduction of emotional and physical stress.
Skin strengthening.
Stimulation of fluid circulation, such as blood and lymph.
Promotion of elasticity, with manipulation of body tissues.

Classic massage basic movements
ØSURFACE SLIP Soft, slow and rhythmic movement provides information about the skin and superficial muscle groups.
ØDEEP SLIDING Makes mechanical action and favors venous and lymphatic drainage
ØMUZZLE Muscle undergoes alternating compressions towards the disposition of its fibers where it is possible to identify local or generalized stiffness or hypotrophy, releasing adhesions. Increases blood supply.
ØFRICATION It consists of circular movements, with rhythm and uniform velocity. It is possible to identify and release adhesions
ØVIBRATION Vibratory impulse aimed at reducing hyperexcitation of the nerves
ØPERCUSSION The ulnar border is used, the hand is flat or closed. It can either do the excitation or the relaxation, depending on the variation of speed, rhythm, pressure and direction.

Fonte: OLIVEIRA, 2012

According to the MICHAELIS dictionary (2008) well-being is defined as: "state of physical well-being, satisfaction of physical and spiritual needs; Pleasant feeling of security, comfort, tranquility; Comfortable material condition, with enough possessions for the convenience of life; material comfort, prosperity."

We can define well-being using Maslow's theory, which in the 1940s proved the Needs Theory, which leads us to understand people's motivation and what is well-being for them. Maslow's theory shows that human satisfaction factors are fragmented into five levels arranged in the form of a pyramid (FERREIRA, 2010).

For Capellini, 2006, the classic massage promotes well-being in the person massaged, guaranteeing the return to the massage professional.

Finally, it is believed that classic massage can promote well-being, which can be defined by some factors such as: occupational, body, social, intellectual, spiritual and emotional, according to the website of the National Institute of Welfare (DA SILVA, 2015).

METHODS
The research method was through a literature review between the year 2001 and the year 2017, with a search of the benefits presented by the classic massage to Spaziano (SPA attendee). The databases used were SciELO, PubMed and academic papers, in Portuguese and English. The key words used were classic massage, massage, SPA, SPA attendant, wellness, SPA environment.

RESULTS AND DISCUSSION
This topic will present the main results and discussions of 30 articles selected on the benefits to SPA attendees.

<table>
<thead>
<tr>
<th>AUTORES, ANO</th>
<th>OBJETIVO</th>
<th>METODO</th>
<th>RESULTADOS E CONSIDERAÇÕES FINAIS</th>
</tr>
</thead>
<tbody>
<tr>
<td>BRAUNSTEIN, BRAZ, PIVETTA, 2007</td>
<td>Analyze aspects of massage therapy on the physiological effects of the body and effects of tactile stimulation and its influences on emotional aspects.</td>
<td>Search bibliographic review</td>
<td>Therapeutic massage is approached as a technique that stimulates the person integrally on the neuropsicoendocrine systems.</td>
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<tr>
<td>CAMPOS; GRAVO, 2010</td>
<td>Analysis of the influence of relaxing massage on human behavior and how it influences oxytocin</td>
<td>25 healthy women without hormone treatment. It was done relaxing massage and measured oxytocin before during and after.</td>
<td>There was a maximal increase in oxytocin in 14 of 25 women. Reducing stress levels.</td>
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<tr>
<td>DA SILVA, 2015</td>
<td>To know Wellness tourism, focusing on the main concepts and fundamentals of Wellness.</td>
<td>Qualitative study, of a bibliographic, intentional character.</td>
<td>It can be seen that the term Wellness has a significant tendency, since it is added to humanized services in a harmonious environment.</td>
</tr>
<tr>
<td>FACHI NI, KORN, 2009</td>
<td>Study on the neurophysiological effects of therapeutic massage</td>
<td>Research literature review</td>
<td>The neuroreceptors respond to different stimuli: intense mechanical pressure, mechanical and thermal stimulation; chemicals.</td>
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<tr>
<td>FARIAS MENEZES, 2016</td>
<td>To verify the profile of urban SPAs in Curitiba-PR, using three variables: customer profile, treatments and trends.</td>
<td>Exploratory and descriptive studies, using questionnaires to the managers of four SPAs And participant observation.</td>
<td>The clients are adult women, they spend little time in the SPAs. The most sought after services are massages (wellness) and rejuvenation.</td>
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<tr>
<td>LIMA et al., 2015</td>
<td>To evaluate the physiological and psychological effects on massage techniques and quick massage in thirty volunteers from the Arteshmi Morumbi University, both sexes and between the ages of 18 and 59 and 11 months.</td>
<td>It was observed that systolic and diastolic pressure decreased, causing a relaxing effect for the volunteers who reported being stressed</td>
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<tr>
<td>MICHAIL ELIS, 2008</td>
<td>Dictionary of words that aims to elucidate the understanding of terms of the Portuguese language</td>
<td>Wellness is defined as: “state of good physical disposition, satisfaction of physical and spiritual needs; pleasant feeling of security, comfort, tranquility;</td>
<td></td>
</tr>
<tr>
<td>OLVÉIR, 2015</td>
<td>Effect of classical massage on the quality of life of university students</td>
<td>Classical massage can be a strategy to improve the quality of life of university students</td>
<td></td>
</tr>
<tr>
<td>OLVÉIR, 2012</td>
<td>Review the types of massages and their benefits, and emphasize that massage therapy has undergone many changes as its effectiveness has been discovered.</td>
<td>Systematic review of the literature, research on articles and books of the SciELO website, between 1998 and 2010</td>
<td></td>
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<tr>
<td>OLIVEIRA, 2014</td>
<td>Analysis of the perception of the hospitality of the masculine public on the Brazilian SPAs.</td>
<td>An exploratory-descriptive study, consisting of 119 interviews with men, being visited 3 SPAs in the city of São Paulo.</td>
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<tr>
<td>PINHEIRO, 2013</td>
<td>Study of the massage antistress in reducing the level of stress in caregivers of children with cancer</td>
<td>Positive and significant result in the decrease of the stress level, since the anti-stress massage and the therapeutic touch were shown to be a complementary therapy</td>
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<tr>
<td>SANTOS CORREIA CARVALHO, 2016</td>
<td>Study to implant a Social SPA in the Santo António Asylum in Caxambu - MG</td>
<td>The techniques performed for 10 months in the asylum include: relaxing massage, lymphatic drainage, skin hydration, electrotherapeutic</td>
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<tr>
<td>MANZUE, 2015</td>
<td>To ascertain the physiological effects triggered by classical massage in patients with depressive symptoms.</td>
<td>A balance was observed between the sympathetic and parasympathetic systems, releasing chemicals that promote wellness and pain relief when applying classical massage to depressive patients.</td>
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**FINAL CONSIDERATIONS**

According to the research data, we can consider that the Classical Massage in the SPA, promotes positive feelings to Spaziano, among the authors researched, we can cite the following benefits: global satisfaction; increased confidence and pleasure; favors social inclusion; improves neuroendocrine systems; increases oxytocin and endorphin and thus reduces the level of stress; Relax the mind; relieves muscle aches and aids in recovery after sports activities; improves muscle function; improves the human relationship; has rejuvenating action perceived by massaging; improves cardiac responses with decreasing the level of stress; Relax the mind; relieves muscle aches and aids in recovery after sports activities; improves muscle function; improves the human relationship; has rejuvenating action perceived by massaging; improves cardiac responses with decreasing the level of stress; by classical massage to cancer patients; decreases tension in college students; decreases edema and decreases body measurements; stimulates circulatory systems; increases metabolic and neuromuscular responses; decreases anxiety and depression; improves self-esteem; contributes to quality of life; considered as excellent complementary therapy; favors greater integration between body and mind; the frequency makes value the quality of life. The beneficial results promoted by classical massage are factors to increase the frequency in the SPA environment, to promote well-being and quality of life.

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BODY CLASSIC BODY MASSAGE FOR SPAZIANO WELFARE
Introduction: The history of massage is as old as the art of human healing itself, historical records show the ruins of the imperial baths that presented great benefits to its guests from these ancient SPAs with massages. Objective of this research was to verify the main benefits cited by authors on the classic body massage for the well-being of Spaziano. Method of research was through a bibliographic review between the year 2001 and the year 2017, with a search of the benefits presented from classical massage to the Spaziano. The databases used were SciELO, PubMed and academic papers, in Portuguese and English. Results, of the 58 surveyed, were used 30, which cited the main benefits: overall satisfaction; increased confidence and pleasure; favors social inclusion; improves neurophysiologic systems; increases cytoxin and endorphin and thus reduces the level of stress; Relax the mind; relieves muscle aches and aids in recovery after sports activities; improves muscle function; improves the human relationship; has rejuvenating action perceived by massaging; improves cardiac responses with decreasing systolic and diastolic pressure; contributes to motor gains in special cases such as Down's Syndrome; contributes to all phases of life, increases safety, tranquility and comfort; improves physical disposition, improves relaxation in cancer patients; decreases tension in college students; decreases edema and decreases body measurements; stimulates circulatory systems; increases metabolic and neuromuscular responses; decreases anxiety and depression; improves self-esteem; contributes to quality of life; considered as excellent complementary therapy; favors greater integration between body and mind; the frequency makes value the quality of life. Final considerations: The beneficial results promoted by classical massage are factors to increase the frequency in the SPA environment by the Spaziano to promote well-being and quality of life.
Keywords: MASSAGE, WELL-BEING, RELAXATION.
Introdução: A história da massagem é tão antiga quanto a própria arte de cura humana, registros históricos, mostram as ruínas dos banhos imperiais que apresentavam grandes benefícios aos seus frequentadores destes SPA antigos com os massagens. El objeto de esta pesquisa foi verificar os principais benefícios citados por autores sobre o masaje clásico corporal para el bienestar del Spaziano. El método de investigación fue a través de una revisión bibliográfica entre el año 2001 al año 2017, con búsqueda en los beneficios presentados del masaje clásico al Spaziano. Las bases de datos utilizadas fueron Scielo, PubMed y trabajos académicos en portugués e Ingles. Resultados, de los 58 encuestados, fueron aprovechados 30, que citaron los principales beneficios: satisfacción global; aumento de la confianza y del placer; favorece la inclusión social; mejora los sistemas neuropsicoendocrinos; aumenta la oxitocina y la endorfinas y así reduce el nivel de estrés; relaja la mente; alivia los dolores musculares y ayuda en la recuperación post-actividades deportivas; mejora las funciones musculares; mejora las respuestas cardíacas con la disminución de la presión sistólica y diastólica; contribuye a ganancias motoras en casos especiales como el síndrome de Down; contribuye en todas las fases de la vida, aumenta la seguridad, la tranquilidad y el confort; mejora la disposición y fomenta la ansiedad y la depresión; disminuye la tensión en universitarios; disminuye las edemas y disminuye las medidas corporales; estimula los sistemas circulatorios; aumenta las respuestas metabólicas y neuromusculares; disminuye la ansiedad y la depresión; mejora la autoestima; contribuye a la calidad de vida; la frecuencia hace valorar la calidad de vida. Consideraciones finales: Los resultados benéficos promovidos por el masaje clásico son factores para aumentar la frecuencia en el ambiente de SPA por los Spazianos para la promoción del bienestar y la calidad de vida.