

# Benefits of Massage

Getting a massage can do you a world of good. And getting massage frequently can do even more. This is the beauty of bodywork. Taking part in this form of regularly scheduled self-care can play a huge part in how healthy you'll be and how youthful you'll remain with each passing year. Budgeting time and money for bodywork at consistent intervals is truly an investment in your health. And remember: just because massage feels like a pampering treat doesn't mean it is any less therapeutic. Consider massage appointments a necessary piece of your health and wellness plan, and work with your practitioner to

establish a treatment schedule that best meets your needs.

Experts estimate that upwards of ninety percent of disease is stress related. And perhaps nothing ages us faster, internally and externally, than high stress. While eliminating anxiety and pressure altogether in this fast-paced world may be idealistic, massage can, without a doubt, help manage stress. Massage is a powerful ally in your healthcare regimen.

What exactly are the benefits of receiving massage or bodywork treatments? Useful for all of the conditions listed below and more.

Remember, this is the only body you're going to get. Take great care of it!

## Physical benefits of Massage Therapy

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|------------------------------------------|-------------------------------------------|
| Physically relaxes the body              | Calms the nervous system                  |
| Lowers blood pressure                    | Reduces heart rate                        |
| Slows respiration                        | Loosens tight muscles                     |
| Stretches connective tissues             | Improves skin tone                        |
| Increases blood and lymph circulation    | Speeds the removal of metabolic waste     |
| Increases red blood cell counts          | Relieves tired and aching muscles         |
| Stimulates the release of endorphins     | Improves muscle tone                      |
| Relieves cramps and muscle spasms        | Increases flexibility and range of motion |
| Promotes deeper more effective breathing | Speeds recovery from injuries and illness |
| Strengthens the immune system            | Reduces swelling                          |
| Reduces scarring                         | Improves posture                          |
| Reduces tension headaches                | Increases tissue metabolism               |