



Massage therapy can be a powerful ally in your healthcare regimen.

Research continues to show the enormous benefits of touch-which range from treating chronic diseases, neurological disorders & injuries, to alleviating the tensions of modern lifestyles.

What are the benefits of massage?

- **Relieve Pain** by releasing endorphins--the body's natural painkiller.
- Relax and soften **injured and overused muscles**.
- Correct **postural distortions** due to muscular imbalances
- Stress Management**. Experts estimate that 90 % of disease is stress related
- Enhance **immunity** by stimulating lymph flow--the body's natural defense system.
- Reduce and realign **scar tissue**.
- Reduce **post-surgery adhesions** and swelling.
- Increase joint **flexibility**.
- Help **athletes of any level** prepare & recover from workouts.
- Decrease **reliance on medication**.
- Lessen **depression & anxiety**
- Assist with shorter, **easier labor** for expectant mothers and shorten hospital stays.

Just because massage feels like a pampering treat doesn't mean it is any less therapeutic.

It's an investment in your health