

# ~ Therapeutic Massage for Stress Reduction ~

## How Does Massage Help?

With the ever-increasing stress in today's hectic lifestyles our bodies suffer. Toxins get trapped in our cells and our system begins to break down. Massage help to replenish nutrients and oxygen to cells and tissues while removing waste and reducing stress. It literally "renews" our bodies and allows for easier movement and a deeper sense of self.

Managing your stress with massage can allow for greater energy and a reduction of stress-related disorders such as depression, anxiety, muscular pain, chronic aches, persistent infections, headaches and insomnia. Massage quiets the nervous system and relaxes the mind, which leads to improved emotional and mental health. With regular massage one can begin to relax and let go of stress . . . thereby leading a more productive, healthier and peaceful life.

## Enjoy These Other Benefits

- Enhanced circulation: cardiovascular and lymphatic
- Improved joint and muscle function and flexibility
- Treatment of injuries and chronic pain
- Enhanced athletic performance
- Improved posture and prevention of new injuries
- Improved energy levels and clarity of thought
- Increased body awareness and quieting of mind

## Massage – More Than Just a Luxury

Massage is a necessity. Studies done in 1958 by H.F. Harlow and R.R. Zimmerman have shown that infant monkeys valued tactile stimulation more than they did nourishment. And so too, the human body needs touch as much as it needs oxygen, water and food to survive.

At the very least, your body needs regular maintenance like a car. Massage can provide the fuel you need to keep you going and stay healthy in this era of high stress.



***“Relax, renew and refresh with massage!”***