

A massage therapist's trained and caring touch can have profound effects on the physical, mental, and emotional states:

Physical Benefits

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

Mental Benefits

- o Reduces mental stress / Promotes better sleep
- o Improves concentration
- o Calms a bad temper / Induces mental relaxation

Emotional Benefits

- o Reduces anxiety / Promotes self-image
- o Provides a feeling of well-being / Promotes greater creative expression

Massage reduces the effects of Stress:

Up to 90% of all visits to primary care physicians are for stress related complaints such as headache, backaches, neck pain, eyestrain, poor concentration, anxiety, depression, irritability, anger, high blood pressure, heart disease, ulcer, as well as physical and emotional exhaustion.

Massage relaxes tense muscles:

Muscles can become tight and ineffective for many reasons. Stress, injury, poor circulation, overuse, and misuse, can all cause you pain and discomfort as well as restrict your normal range of motion. When left unattended, these conditions can become habitual and hamper the quality of your everyday life.

Massage increase blood circulation:

Like a sponge that is squeezed, a tight muscle can not hold much fluid nor can it allow much fluid to pass through it. This decreases your circulation of blood and increases the strain placed on your heart. Among the obvious problems that this can cause, this can leave you feeling fatigued and sore, reducing your precious energy reserves.

Massage therapy releases contracted muscles and pushes venous blood towards the heart, thus easing the strain on this vital organ. This increase in circulation brings energy-producing nutrients and oxygen to your cells as well as carries away metabolic waste products that can make you feel listless and drained.

The sun, smog, poor diet, and the unstoppable aging process all contribute to the drying, wrinkling, and the general loss of the youthful characteristics of your skin.

Massage therapy dilates the blood capillaries of the skin increasing the uptake of vital skin repairing nutrients and speeding the removal of harmful toxins. This improved circulation helps to moisturize your skin improving skin texture and relieving dryness and itching.