



## **Benefits of Massage Therapy**

### **Reduce Stress**

Massage is an outstanding choice to reduce stress. Reducing stress gives you more energy, improves your harmony of life and reduces your likelihood of injury and illness. Massage can help relieve symptoms of anxiety.

### **Relieve Muscle Tightness**

Massage can relieve many types of muscle tightness, from short term muscle cramp to re-occurring tight shoulders. Some massage techniques release tension directly by stretching and kneading muscles and their connective tissue coverings. Other techniques work less directly, but can be just as powerful by stimulating the nervous system to allow muscles to relax.

### **Remove Toxins**

After vigorous exercise, a build-up of waste products in the muscles can leave you feeling tired and sore. Massage increases circulation, which removes waste products (toxins) and brings in nutrients to speed healing of muscle tissue.

### **Heal Injuries**

Massage can help heal injuries that develop over time. It can also relieve ligament or muscle strains caused by an accident. Massage reduces inflammation by increasing circulation, which removes waste products and brings nutrition to injured cells. By relieving chronic tension, massage can help prevent injuries that might be caused by stressing unbalanced muscle groups.