

MOOD THERAPY

MESSAGE FOR
MENTAL &
EMOTIONAL
WELL BEING

How does massage improve mood?

MESSAGE THERAPY OFFERS SAFE TOUCH FOR ALL

1

Lower Cortisol Levels
(The Stress Hormone)

Increases:
Serotonin
Dopamine
Oxytocin

2

Helps with Conditions
such as:

Depression & Anxiety
Irritability & Anger
PMS & PTSD
Grief & Trauma
Addiction Recovery

3

Refreshes the Mind
Improves Sleep
Calms the Body
Induces Relaxation

GOOD MESSAGE = GOOD MOOD

INQUIRE ABOUT OUR
MESSAGE TREATMENT PLANS
FEEL BETTER

