



Experience

THE INCREDIBLE BENEFITS OF MASSAGE THERAPY

Massage Therapy is more than just a rubdown.
It is a healthcare profession that serves for the public good.

BENEFITS OF MASSAGE THERAPY

- Reduce Stress
- Ease Pain
- Improve Circulation
- Invoke Relaxation
- Energize the Body
- Increase Alertness
- Lower Heart Rate
- Lower Blood Pressure
- Boost Immunity
- Improve Sleep
- Increase Mobility
- Reduce Nerve Pain
- Treat Injuries
- Decrease Joint Inflammation
- Soften Scar Tissue
- Normalize Soft Tissue
- Prepare for Athletic Events
- Improve Athlete Recovery Time Post-Event
- Boost Mood
- Decrease Anxiety
- Manage Chronic Pain
- Improve Quality of Life
- Assist End of Life Transition
- Benefit Cancer Patients
- Improve Range of Motion
- Increase Flexibility
- Rehabilitate Post-Surgery
- Aid in Women's Health

Ask your local massage therapist
how massage therapy can treat your specific
health condition and assist you in maintaining wellness.

