

Benefits of Massage

Body - Physical Benefits of massage:

- Increases circulation
- Reduces effects of stress
- Relaxes tense muscles
- Strengthens the immune system
- Improves skin tone
- Calms the nervous system
- Reduces tension-related headaches
- Stimulates the release of endorphins
- Lowers blood pressure
- Promotes deeper, more effective breathing

Mind - Mental Benefits of massage:

- Reduces mental stress
- Promotes better sleep and improves alertness
- Improves concentration
- Reduces anxiety
- Decreases symptoms of depression

Spirit - Emotional benefits of massage:

- Creates a sense of inner peace
- Provides a feeling of well-being
- Promotes a sense of connection between Mind, Body and Spirit

What is Massage Therapy?

MASSAGE is a natural method of soothing acute and chronic aches and pains. Techniques including kneading, compression, rocking, friction, pressure, and stretching are used to bring relief from nervous tension and to promote relaxation.

THERAPY is a series of actions aimed at achieving or increasing health and wellness.

Note: Some treatments are contra-indicated in pregnancy, hypertension, or heart conditions. If you are currently under medical care, please check with your physician prior to scheduling a session.

Please wear comfortable clothes and do not eat any large or heavy meals or sugar prior to your massage.