

# Benefits of Therapeutic Massage



## **Proven to aid in relieving stress**

Massage is shown to decrease cortisol, lower heart rate, reduce blood pressure and relax muscles. Serotonin and dopamine are also released through massage that results in a feeling of calmness and relaxation.



## **Promotes enhanced blood circulation**

Poor blood circulation can create fatigue and achiness. Massage facilitates circulation by using specific techniques. Massage helps move blood through congested areas and helps the release of new blood flow in.



## **Encourages healthy posture**

Massage can help relax and loosen muscles made sore by bad posture, allowing your body to position in a natural and pain free posture. With regular massage, muscles are loosened, joints have a greater range of movement and pressure points are relieved.



## **Helps to maintain and improve flexibility**

Massage treats muscles, connective tissue, tendons and ligaments and helps maintain flexibility by keeping fluid within the joints and making them less prone to injury.