

# Massage Benefits

## FROM HEAD TO TOE

### Whole-Body Effects

Reduces pain & fatigue. Improves Sleep. Improves focus and mental clarity.  
Strengthens immune function. Promotes relaxation.

#### Brain

Improves memory.  
Reduces stress. Mental clarity.

#### Psychologic Aspect

Reduces anxiety.  
Reduces depression. Decrease stress.  
Promote mind-body connection.  
Helps treat hyperactivity disorders.

#### Lymphatic System

Eliminates toxins.  
Reduces inflammation.

#### Heart

Increases oxygen in blood.  
Decreases blood pressure.

#### Nervous System

Calming. Relaxing.  
Balancing.

#### Digestive System

Stimulates peristalsis.  
Stimulates enzyme production.

#### Respiratory System

Controlled breathing.  
Reduces asthma symptoms.

#### Muscles

Improves flexibility.  
Relieves muscle tension “knots”.  
Improves posture.  
Lengthens & stretches.  
Balanced alignment.

#### Skin

Moisturizes skin. Exfoliates.  
Scar tissue reduction. Reduces tension.

#### Hormones

Strengthens Immunes System.  
Increases Dopamine and Serotonin.  
Decreases Cortisol (stress).

*Be Still. Be Intentional. Be Refreshed.*



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