

# THE BENEFITS OF MASSAGE

“Nurturing Body and Soul”

Massage can help the body by ...

- Increasing circulation and dilation of blood vessels to bring more oxygen and nutrients to parts of the body that need it, while removing wastes and toxins
- Improving circulation of lymph, which boosts immune function and the body's natural defense system
- Aiding repair of damaged tissue and promoting healing
- Hastening recovery time and decreasing DOMS (delayed onset muscle soreness) after a strenuous workout
- Relaxing muscle spasms and relieving cramping
- Improving flexibility along with range of motion and function of joints
- Relieving pain of tight, overused or injured muscles
- Releasing endorphins, the body's natural painkiller
- Warming and loosening tight muscles
- Reducing risk of injury
- Promoting restful sleep

Massage can help the soul by ...

- Providing needed touch in a safe, comforting, caring manner
- Relaxing the mind, reducing stress and anxiety
- Providing a feeling of renewal or rejuvenation
- Enhancing energy levels and increasing mental alertness
- Encouraging a time of peace and tranquility in a hectic world
- Releasing endorphins, fostering a feeling of well-being
- Creating better mind-body awareness with a better ability to monitor stress and its effects on the body