

THE BENEFICIAL EFFECTS OF MASSAGE

- ☀ Reduce stress and anxiety
- ☀ Improve energy and alertness
- ☀ Relieve tension headaches
- ☀ Lower blood pressure
- ☀ Restore calm mind
- ☀ Enhance relaxation
- ☀ Improve the flow of energy
- ☀ Promote a more restful sleep
- ☀ Tone, firm and beautify skin
- ☀ Improve body posture
- ☀ Help to strengthen the immune system
- ☀ Reduce muscular tension and back pain
- ☀ Heighten the overall feeling of well-being
- ☀ Improve circulation of blood and lymphatic fluid
- ☀ Increase joint flexibility and range of motion
- ☀ Help recovery from pulled muscles or sprained ligaments
- ☀ Help recovery from strenuous Physical exertion
- ☀ Relieve certain repetitive motion injuries related to on-the-job activities

