



Staying in Touch®

It's time for Spring!

After a challenging winter for many, let's hope nature has a pleasant and calm spring season planned this year.

It's definitely that time of year to venture outside and get more physically active—and a wonderful time to schedule a rejuvenating massage!

As another reminder of how beneficial your massages are to your health, this month's article focuses on five great massage benefits and explains how bodywork can help you achieve these wonderful health gains.

You know how much better you feel and function after a massage. But when you understand why massage can improve so many areas of health, you can truly appreciate what a smart choice it is to get your regular massages.

It's also that time of year to recognize and celebrate how important the Moms in our lives are. And what better way to thank them for all they do than with a gift certificate for a relaxing massage? A blissful gift is just a phone call away.

Stay healthy; see you soon!

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5 Ways Massage Therapy Can Benefit Your Health *by Rachel Dixon*

Massage therapy is a powerful and ancient form of healing that has been around for thousands of years. Did you know that massage therapy can benefit your health in several ways? Studies have shown that massage can increase circulation, reduce inflammation, improve sleep quality and even boost the immune system. From reducing tension headaches to improving posture, massage helps relax tight muscles and stretch connective tissue while stimulating the release of endorphins. With regular sessions, you may also experience an improved range of motion due to increased flexibility and muscle relaxation which results in better body alignment. In addition to these physical benefits, massage also offers psychological advantages such as increased mental alertness, reduced anxiety levels and improved moods.

Stress Relief— Massage therapy is an increasingly popular form of holistic health care that can promote improved physical and mental wellbeing. One of the most widely-recognized benefits of massage therapy is stress relief. Many people seek massage to help reduce tension, improve relaxation, and combat the effects of daily stressors.

When a person experiences constant stress, their body releases hormones like cortisol which can lead to inflammation, anxiety, impaired cognitive function, and more. Massage is thought to reduce these levels by triggering the release of endorphins—hormones responsible for feelings of happiness and pleasure—as well as promoting deep relaxation in both the mind and body. Additionally, regular massage sessions have been found to improve sleep quality in those dealing with chronic stress or depression symptoms.

Lower Blood Pressure— Massage therapy has many health benefits, including reducing blood pressure. High blood pressure is a serious health issue that can lead to stroke, heart attack and other complications. Fortunately, massage therapy can help lower it and provide long term health gains.

Studies have shown that regular massage sessions for as little as 10 minutes can significantly reduce both systolic and diastolic blood pressure readings. During the massage, the body releases hormones such as serotonin and endorphins which helps relax the body's muscles and encourages improved circulation throughout the body. As circulation improves, blood pressure levels begin to drop naturally over time, leading to healthier cardiovascular functioning.

It's important to note that while massage therapy can be an effective tool in reducing high blood pressure levels, it should not replace prescribed medications or lifestyle changes recommended by your doctor such as dieting.

Pain Relief— Massage therapy is a great way to improve your overall health, and one of the most noteworthy benefits it provides is pain relief. People experiencing various types of chronic pain can find immediate respite when receiving massage therapy. Massage helps reduce tension in the muscles, which in turn helps to alleviate physical pain in the body. It is also known to help patients with conditions such as rheumatoid arthritis, fibromyalgia, and sciatica by providing much needed comfort.

Moreover, massage therapy assists with relaxation and encourages better sleep quality. When muscle tension diminishes through massage, body inflammation reduces significantly; this further decreases muscle soreness or stiffness caused by physical

(See **5 Ways ...** on back)

5 Ways ... (cont. from front)

activity or poor posture. With regular massages over time, individuals can achieve long-term relief from their ailments without relying on prescription medications or other treatments that may have unpleasant side effects.

Improved Sleep— Massage therapy has long been known to offer a variety of health benefits, from reducing muscle soreness and fatigue to improving overall wellness. One benefit that is often overlooked is improved sleep. Research shows that massage therapy can help you fall asleep faster, sleep more deeply, and wake up feeling more refreshed than ever before.

The main way massage helps with sleep is by promoting relaxation throughout the body. Massage increases circulation, which allows your body to relax more quickly into a state of deep rest. It also releases endorphins which naturally reduce stress levels in the body and increase feelings of calmness. A relaxed body typically means better quality of sleep at night, leading to fewer sleepless nights and higher energy levels during the day. Additionally, massage can reduce chronic pain and tension throughout the body, which are often major causes of

poor sleeping habits or difficulty falling asleep in the first place.

Immunity Boost— One major benefit of massage therapy is the boost in immunity it can offer. A regular massage treatment plan can help strengthen your immune system, allowing you to better fight off illnesses like colds and flu.

When receiving a massage, the body produces a variety of hormones like endorphins which are released into the bloodstream, helping to reduce stress levels. This reduction in stress helps to balance cortisol levels which can have a positive effect on both physical and mental health as well as strengthening

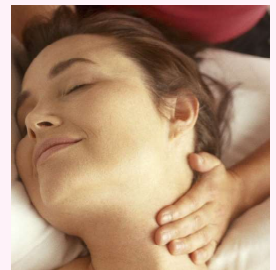
your immune system response. Additionally, massage increases circulation throughout the body, allowing for nutrients and oxygen to reach cells more easily while also stimulating lymphatic flow, which helps eliminate toxins from the body.

From reducing stress levels to improving circulation and promoting relaxation, massage therapy has many powerful benefits on the body and mind. ... There are many great reasons why you should consider incorporating massage into your healthcare routine as a preventative measure against poor health and decreased wellbeing.

Source: zobuz.com

Make Mom feel extra special this year on Mother's Day with a relaxing massage gift certificate!

Show her how much you care; call today to order ...



***There is nothing like a dream
to create the future.***

—Victor Hugo

The content of this newsletter is not intended to replace professional medical advice. If you're ill, please consult a physician.
