

BENEFITS OF MASSAGE

NO ONE HATES A MASSAGE

Seriously. No one hates a massage. It is one of those wellness services that people adore! We always have full registrations and employees always want to see this benefit return. Yes, it is relaxing and feels wonderful. However, massage has many other wellness benefits for your team.

INCREASES CIRCULATION

Massage also promotes improved circulation via the use of hands-on pressure, which moves the blood through the damaged and congested areas of the body. In turn, the release of this same pressure causes new blood to flow into tissues. Furthermore, the squeezing, twisting, and pulling action of the massage technique also removes lactic acid from the muscle tissues. As a result, this action improves the lymph fluid circulation, which carries metabolic waste products away from internal organs and muscles. In turn, this results in lower blood pressure levels and improved overall body function.



SLEEP BETTER

Because massage improves both circulation and stress, research shows that massage helps people comfortably rest.

BOOSTS THE IMMUNE SYSTEM

It is a well-known fact that individuals who experience high levels of stress are more vulnerable to illness and injury. When stress is combined with sleep disturbances and poor nutrition, the impact is directed at the body's immune system. Its ability to naturally protect itself against infections, pathogens, and bacteria is greatly reduced. Some might wonder how massage therapy benefits the immune system. Studies have indicated that regular massage sessions not only help reduce stress, but can also boost the immune system's cytotoxic capacity (activity level of the body's natural "killer cells") and enhances the body's ability to deliver nourishment.



HEART IMPROVEMENTS

Regular massage therapy sessions have been found to reduce blood pressure levels. In fact, some long-term studies have shown that a consistent massage program can reduce both systolic (upper number) and diastolic (lower number) blood pressure.

REGULATE MOOD

Regular massage over prolonged periods of time can boost energy levels, reduce pain, and stimulate individuals on physical as well as emotional levels.



*ALL INFORMATION FROM THE AMERICAN MASSAGE THERAPY ASSOCIATION