

■ Massage improves balance and gait helping to prevent falls

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Healthy Reasons Why You Should Make An Appointment To Get A Massage Today!

- Massage increases red blood cells, T-cells and killer cells that result in a more aggressive immune response.
- Massage dilates the blood vessels, improves lymphatic circulation, relieving congestion throughout the body.
- Massage increases excretion of waste products, via the kidneys.
- Massage stretches connective tissue, rehydrates tissue, improves circulation, breaks up and prevents adhesions.
- Massage increases the range of motion of joints, decreases swelling, increases blood flow and alleviates pain.
- Massage improves muscle tone, preventing muscle atrophy and bed sores due to forced inactivity.
- Massage increases mental alertness and one's ability to solve complex problems, such as mathematics.
- Massage decreases anxiety levels by stimulating the rest and repose response in the central nervous system.
- Massage decreases post surgical healing time.
- Massage increases absorption of medication.
- Massage intervenes in our long-term stress response, bringing it to an end and re-establishing homeostasis.