



## BODY RESET - DAY 13

### The Benefits of Massage

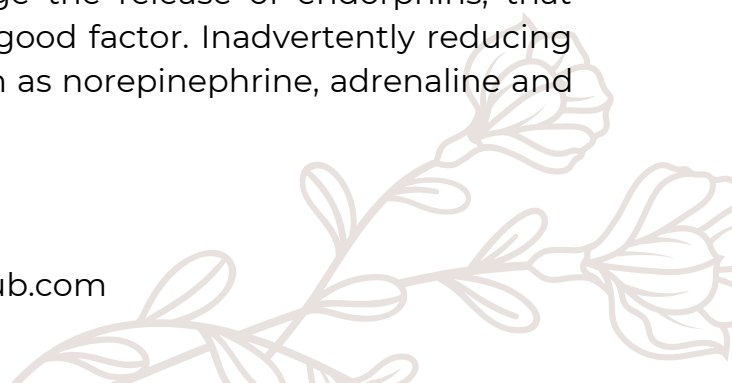


If you are looking for more reasons to book a massage, other than 'because it feels great' then look no further! Massage can make you a much happier person!

*Here are some benefits of regular massage that will have you reaching for the phone to book your next.*

#### Stress Reduction

The importance of relaxation and well-being can't be underestimated and one of the. Most noted effects of massage is a greater feeling of calm and relaxation. It reduces both emotional and physical stress, which is why it is often recommended in stress and anxiety treatment programs. The soothing, pampering benefits of massage encourage the release of endorphins, that wonderful chemical that gives us the feel good factor. Inadvertently reducing those nasty stress inducing hormones such as norepinephrine, adrenaline and cortisol.



## Immunity Boosting

Due to the decrease in stress hormones, your immune system has a chance to work more efficiently, without impairment. In addition, massage increases circulation and improves lymphatic drainage, which again provide a boost to the immune system's effectiveness.

## Heightens Mental Alertness

When your given a chance to relax and de-stress through massage treatments, your levels of mental clarity and alertness increase.

## Releasing Muscle Tension And Pain

*Good massage techniques are a wonderful way of releasing trigger points, stretching and elongating muscles and breaking down adhesions.*

Areas that are stiff, injured or just plain sore can be worked on by increasing blood flow to the tissues and releasing the tension, massage not only helps alleviate the pain, but can also help eliminate toxins and oxygenate the cells.

## Increased Joint Mobility

By releasing muscle tension around joints, the range of movement in the joint can be increased. When a joint is no longer hampered by stiffness, muscle function can return to support and improve joint movement.

## Improved Posture

Massage helps relieve a lot of tension, particularly in the neck and shoulder areas, common in those who sit a lot or use a computer at work. Lower backs are also prone to tightening from prolonged sitting. Massage can help remedy these problems by lengthening the muscles and balancing out the body for improved postural alignment.

## Improved Skin Tone

Massage can help give you healthy and toned skin, it will reduce tension in the skin and adjoining tissues as well as increasing circulation. Increased circulation in and under the skin can aid the nutrition cycle and encourage cell

regeneration. Happily, massage also stimulates sebum production, helping to improve suppleness, and moisturising and softening dry skin.

### Eliminating Complaints

Whether it is insomnia, headache, depression and anxiety, back pain arthritis, high blood pressure chronic pain or constipation, massage provided positive benefits for many health complaints.



