



The Benefits of a Massage

We all know that a massage feels good, but did you know how beneficial a massage can be for your mind and body?

MENTAL BENEFITS:

A massage helps to reduce stress and increase relaxation. This leads to a feeling of well-being and peace of mind. Stress-reduction helps you breathe, move easier and open the pathway for more creative thinking.

If you or someone you know suffers from depression or anxiety problems, a massage may alleviate some of these symptoms. Why? Because a massage increases serotonin and dopamine levels which contribute to happiness and content. Massage also reduces levels of the stress hormone cortisol.

Plus, massage creates a self-awareness that causes you to be more in tune with your body and have a high level of alertness.

Lastly, massage satisfies the need that we all have for caring, nurturing touch.

HEALING/GROWTH BENEFITS:

Massage is great for tense muscles and stiffness. It aids in healing strained muscles and sprained ligaments. Massage can also ease pain from strenuous workouts.



This makes massage great if you or someone you know who is athletic.

Why? Because massage increases blood supply and nutrition to muscles which helps to prevent buildup of lactic acid resulting from strenuous exercise or injury.

Massage will also reduce scar tissue, fibrosis, pain, swelling and inflammation. Massage aids in the retention of nitrogen, phosphorus and sulphur necessary for tissue repair, which is helpful in clients suffering from bone fractures.

Massage helps return blood to the heart and eases the strain on it as well.

And if someone cannot exercise, it can also compensate for this lack of movement.

Pregnant women may experience an alleviation of discomfort. Massage also

contributes to a shorter labor and reduced tearing. It is also known to lessen medication and shorten hospital stays.

Lastly, It is also good for people who have recently had surgery or have suffered from injuries such as whiplash.

DAILY BENEFITS:

Everyday benefits include deeper, easier breathing, and a reduced blood pressure. It can also lead to a better posture.

Regular massages strengthens the immune system and improves circulation of blood and movement of lymph fluid.

Massage dilates the blood vessels, and by improving circulation, massage increases nutrition of the tissues.

By improving the movement of lymph fluid, wastes and toxins in the body are eliminated quicker.

Massage also helps ease everyday pains and provides greater flexibility and range of motion. It also reduces muscle spasms and cramping.

If you have reoccurring problems such as tension headaches and backaches, not only does massage ease the pain, it helps you manage the pain better.

Massage increases the excretion of fluids, toxins, waste, inorganic phosphorus and salt through the kidneys.

Massage may also aid in weight loss. For more information on this, please see "[Does Massage Help Weight Loss?](#)" newsletter. You will find massage beneficial if you're starting a new exercise and healthy eating routine.

And on top of all of these benefits, a massage enhances skin health and nourishment.

NIGHTTIME BENEFITS:

Massage increases delta waves that are linked with deep sleep. This helps people with sleep disorders.

As a sedative to the nervous system, massage may also contribute to helping sleep disorders through relaxation.

From relaxation to recovery, massage has benefits for anyone - you can't go wrong! Schedule your next massage today!

Sign up today!

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application.

MAIL OR FAX



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