

## **What is Massage Therapy?**

Massage Therapy spans a wide variety of therapeutic approaches, working to improve an individual's health and well-being through the hands-on manipulation of muscles and other soft tissues of the body.

## **What are the key benefits of Massage Therapy?**

Physical – Massage Therapy is designed to stretch and loosen muscles, improve blood flow and the movement of lymph throughout the body, facilitates the removal of metabolic wastes resulting from exercise or inactivity, and increases the flow of oxygen and nutrients to cells and tissue. In addition, massage stimulates the release of endorphins – the body's natural painkiller – into the brain and nervous system.

Mental – Massage Therapy provides a relaxed state of alertness reduces mental stress and enhances capacity for calm thinking and creativity.

Emotional – Massage Therapy satisfies the need for caring and nurturing touch, creates a feeling of well-being and reduces anxiety levels.

## **Who can benefit from Massage Therapy?**

Everyone! – from the very young and the very old to those in between – all find that a professional massage can have special applications suited for their needs.

## **Is Massage Therapy a luxury?**

This is a perception that is rapidly changing as massage becomes increasingly accepted as a natural part of a healthy lifestyle. In fact, according to one media characterization, "massage is to the human body what a tune-up is to a car. It provides a physical boost to the weary, sore and stressed."

An increasing body of clinical research confirms that massage reduces heart rate, lowers blood pressure, increases blood circulation and lymph flow, relaxes muscles, improves range of motion, boosts the immune system, and increase endorphins (all may enhance medical treatment).

For more information call ECLIPZE HAIR DESIGN & DAY SPA 9451188.

