

The Benefits of Massage

Muscular System

- Relieves muscle tension
- Increases the supply of blood and nutrients to the muscles
- Helps to eliminate waste matter from muscles (especially lactic acid)
- Helps restore tone to flaccid muscles and partially compensates for lack of exercise and inactivity because of illness or injury
- Eliminates or prevents muscle adhesions resulting from injury
- Increases flexibility and strength of joints

Circulatory System

- Improves blood circulation and relieves congestion
- Increases supply of oxygen and nutrients to cells throughout body
- Eases strain on the heart by helping to return blood to vital organs, especially in cases of forced inactivity due to illness or injury.
- Promotes the movement of lymph through the body, thereby strengthening the immune system and eliminating toxic wastes

Nervous System

- Can either sedate or stimulate the nervous system, depending on the technique used
- By balancing the nervous system, massage affects all systems of the body.

Respiratory System

- Improves breathing patterns
- Aids in relief of many long-term respiratory difficulties such as asthma and bronchitis

Skeletal System

- Reduces muscular tension that may eventually cause structural problems
- Increases the flow of nutrients to the bones
- Promotes elimination of waste matter
- Maintains posture and body balance