



Experts estimate that 80% to 90% of disease is stress-related. Massage and bodywork is there to fight that frightening number by helping us remember what it means to relax. The physical changes massage brings to your body can have a positive effect in many areas of your life. Besides increasing relaxation and decreasing anxiety, massage lowers your blood pressure, increases circulation, improves recovery from injury, helps you to sleep better and can increase your concentration. It reduces fatigue and gives you more energy to handle stressful situations.

More detailed:

- Increases circulation, allowing the body to pump more oxygen and nutrients into tissues and vital organs.
- Increased circulation of blood and lymph systems improves the condition of the body's largest organ - the skin
- Relaxes and softens injured and overused muscles
- Reduces spasms and cramping
- Increases joint flexibility.
- Reduces recovery time, helps prepare for strenuous workouts and eliminates subsequent pains of the athlete at any level.
- Releases endorphins - the body's natural painkiller - and is being used in chronic illness, injury and recovery from surgery to control and relieve pain.
- Reduces post-surgery adhesions and edema and can be used to reduce and realign scar tissue after healing has occurred.
- Improves range-of-motion and decreases discomfort for patients with low back pain.
- Relieves pain for migraine sufferers and decreases the need for medication.
- Provides exercise and stretching for atrophied muscles and reduces shortening of the muscles for those with restricted range of motion.
- Assists with shorter labor for expectant mothers, as well as less need for medication, less depression and anxiety, and shorter hospital stays.