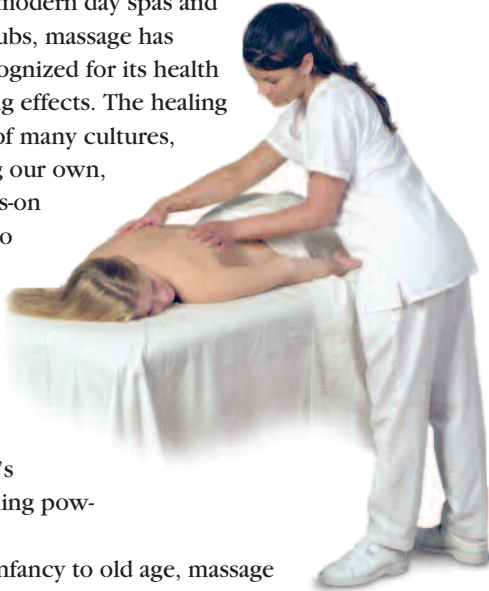


Benefits of Massage

Therapeutic massage is an age-old remedy and health practice. It is found in all major civilizations past and present. From the ancient Greek gymnasia and Roman baths to modern day spas and health clubs, massage has been recognized for its health enhancing effects. The healing systems of many cultures, including our own, use hands-on therapy to soothe aches and pains and facilitate the body's own healing powers.



From infancy to old age, massage has been found to enhance general health and well-being. Therapeutic massage has many applications and variations. Because it is used for health promotion as well as for its curative aspect, it can truthfully be said "if you have a body, you can benefit from therapeutic massage."

Proven Effective

Many of the therapeutic effects of massage recognized by personal and clinical experience over the years have been supported by scientific research. In addition to the commonly known benefits of relaxation, improved circulation, and relief for muscle tension, new applications for therapeutic massage are surfacing in areas related to mental and emotional well-being, infant care, aging, and other special situations. Exciting new dis-

Many Benefits and Uses

Enhances General Health. Therapeutic massage is an important component of your overall wellness plan. It helps keep the body functioning optimally.

- Promotes well-being and relaxation
- Improves circulation of blood
- Relaxes muscles and organs
- Increases general well-being
- Improves immune system
- Improves energy level

Alleviates Problem Conditions

can help relieve certain conditions and help bring the body back to a state of balance.

- General aches and pains
- Headaches
- Muscle back pain
- Poor circulation
- Stress and anxiety

Supports Your Health

Therapeutic massage is a natural way to improve your performance and overall health.

- Relaxes mind and body
- Helps improve blood flow
- Relaxes tight muscles
- Improves circulation
- Reduces stress

Combats the Effects of Aging

Therapeutic massage is a natural way to improve your performance and overall health. It helps keep the body functioning optimally.

- Improves circulation
- Relaxes muscles and organs
- Increases general well-being
- Improves immune system
- Improves energy level

Therapeutic Massage

Therapeutic Massage

Benefits of Massage



Beneficial For...

...for those who are stressed, for those who are in pain, for those who are in need of relaxation, for those who are in need of a boost in energy, for those who are in need of a boost in mood, for those who are in need of a boost in self-esteem, for those who are in need of a boost in confidence, for those who are in need of a boost in overall well-being.