

Healthy Aging

Feeling good at any age

Therapeutic massage can help you feel good at any age. It is especially beneficial for maintaining youthful characteristics as you grow older. Massage helps improve general health, addresses problem conditions, and enhances the quality of life.

Challenges of Aging

Aging is a normal life process. Some physical effects of aging include decrease in general mobility and muscular strength, slower nerve conduction, less tissue elasticity, thinner and drier skin, loss of bone mass, decreased function of the senses, and a less efficient immune system. It has been found that chronic stress accelerates the aging process, as does inactivity.

In the elderly, loss and frustration often lead to increased anxiety. Circumstances of the elderly commonly lead to less social contact and less healthy, caring touch. The challenge of longevity is to continue to lead a healthy and fulfilling life, while doing what we can to retard the negative effects of aging.

Beneficial Effects of Massage for Older Adults

Enhances General Health. Therapeutic massage can be an important part of a health maintenance plan. It helps keep the body and mind functioning optimally.

- Promotes well nourished and healthy skin
- Improves circulation of blood and lymph
- Improves immune system functioning
- Improves energy flow



Reduce the Negative
Therapeutic massage
and mental effects
to accelerate the
particularly at risk
lower and higher
• Enhances general
• Reduces muscle
discomfort
• Reduces anxiety
• Improves sleep
• Increases life

Mobility and
important for
can help you
needed to do
a chair, walk
and use of a
• Enhances
• Increases

Therapeutic Massage

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Expect ession?

age routine is determined
of the client. These are
systems include:
the: how the therapist
in focus; or for the elderly,
more or deep-tissue massage
events can range from 15
to hours. They address is
for the elderly
family member or focus on a
of content.