Benefits of Massage

The health benefits of massage extend beyond soothing aches and the promotion of relaxation, it can also [soothe anxiety and depression](http://www6.miami.edu/touch-research/Massage.html). Massage reduces levels of the [stress hormone](http://www.prevention.com/health/natural-remedies/massage-away-depression-and-anxiety) Cortisol, resulting in lifted spirits and often lower blood pressure. It can also boost the neurotransmitters feel happy hormones serotonin and dopamine.

* Reduce overall stress and anxiety
* Increase energy levels
* Increase mental clarity
* Alleviate muscular tension & stiffness
* Increase mobility & flexibility
* Encourage better circulation
* Encourage deeper & more efficient breathing
* Improve skin elasticity
* Boost the immune system
* Balance the digestive system
* Promote general relaxation
* Improve sleep pattern
* Improve physical and mental fatigue
* Reduce high blood pressure

**The Benefits of Massage on**

**The Muscular System**

* Relieves soreness, tension, and stiffness
* Improves muscle tone
* Increases flexibility and range of motion of joints
* Improves the flow of nutrients to muscles and joints, accelerating recovery from fatigue and injury
* Reduces scar tissue
* Breaks down or prevents adhesions (knots)
* Speeds recovery from exercise
* Enhances freedom of movement
* Prevents or delays muscular atrophy, resulting from inactivity caused by injury, age, surgery, or illness
* Increases physical confidence
* Relieves cramps and muscle spasms
* Reduces pain and swelling

**The Skeletal System**

* Improves posture/body alignment
* Relieve stiff joints
* Decreases inflammation
* Restores range of motion (increasing joint movement)
* Releases joint strain (releasing tight muscles and tendons)
* Releases restrictions in the fascia (connected tissues)
* Improves the circulation and nutrients of your joints

**The Integumentary System**

## The integumentary system consists of the skin, hair, nails, and exocrine glands. The skin is only a few millimeters thick yet is by far the largest organ in the body.

Massages stimulate blood flow, which is why regular gentle rubbing and kneading might keep your face looking healthy and radiant. Skin care expert Kimara Ahnert [told](http://www.womenshealthmag.com/beauty/massage-benefits) *Women's Health* that massage plumps slack skin, encourages lymphatic drainage (moves toxins out of cells so nutrients can travel in), and adds vitality to a dull complexion.

* Improves skin tone by removing dead cells and improving circulation
* Regenerates tissue, including burns, wounds, and wrinkles
* Helps to normalize glandular functions
* Improve elasticity of skin
* Stimulates blood flow to nourish the skin
* Will enhance complexion giving a healthy glow

**The Circulatory System**

* Increases blood flow (to tissues and organs), which can relieve much muscular and joint pain (associated with swelling)
* Increases the flow of oxygen and nutrients (to cells and tissues), improving and relieving congestion throughout the body
* Increases the number of red blood cells, especially in cases of anaemia
* Lower blood pressure
* Reduces heart rate (helps develop a stronger heart)
* Elimination of metabolic waste

**The Lymphatic System**

The lymphatic system has a number of functions, including the removal of interstitial fluid, the extracellular fluid that bathes most tissue. It also acts as a highway, transporting white blood cells to and from the lymph nodes into the bones, and antigen-presenting cells to the lymph nodes.

* Cleanse the body of wastes and toxic debris in the body
* Increases the circulation of lymph
* Stimulates the immune system (strengthens resistance to disease)
* Reduces oedema of the extremities (arms and legs)
* Removal of lactic acid from fatigued and sore muscles (allows for a quicker recovery) especially after any Physical Exercise or Exertion
* Increases kidney action to remove wastes of protein metabolism
* Increases retention of nitrogen phosphorus, and sulphur to aid in bone repair
* Fortify immune system pre surgery so increasing recovery time
* Speeds recovery from illness

**The Respiratory System**

* Develops respiratory muscles
* Regulates respiration
* Promotes deeper and easier breathing

**The Nervous System**

* Stimulates Nervous System = boosting energy
* Calms the Nervous System = relaxing Massage may have a sedative, stimulating or an exhausting effect on the nervous system depending on the type and length of massage treatment given
* Relieves restlessness and insomnia
* Relieves pain due to pinched nerves
* Decreases chronic pain
* Stimulates the release of endorphins (the body's natural painkiller)

**The Endocrine System**

* Helps the body to restore and heal itself
* Develops of a restful sleep pattern
* Promotes appropriate levels of hormones (bringing the immune system back in balance)

**The Digestive System**

* Relieves constipation (specifically if an abdominal massage is given) and associatged back pain due to poor posture
* Relaxes the abdominal and intestinal muscles (therefore releasing tension in this area)
* Eliminates waste materials
* Stimulates activity of liver and kidneys

**The Urinary System**

* Elimination of metabolic waste
* Cleanses the body of wastes and toxic debris in the body
* Increases kidney action to remove wastes of protein metabolism

**The Reproductive System**

* Reduces depression and anxiety associated with PMS
* Reduces excess fluid retention
* Helps prepare for the birthing process

**Increase the Benefits with Frequent Visits**

Getting massage frequently can do even more by taking part in this form of regularly scheduled self-care can help play a part in how healthy you'll be and how youthful you'll remain with each passing year. Budgeting time and money for massage at consistent intervals is an investment in your health. Consider massage appointments a necessary piece of your health and wellness plan, and work with me to establish a treatment schedule that best meets your needs.