

MASSAGE BENEFITS

Better Circulation

Fascia in Good Condition:

Every vital blood vessel is connected to the fascia. When the fascia is aligned properly the circulatory system functions at its best.

Lymphatic Drainage:

A light form of massage treatment, lymphatic drainage has been shown to help the body expel toxins and drain unwanted fluids. Also useful after surgery to help boost recovery times.

Avoid the Flu:

Massage boost the immune system by reducing cortisol. Cortisol is a stress hormone associated with stress.

Blood Pressure:

Massage has been shown to naturally lower blood pressure.

Blood Flow:

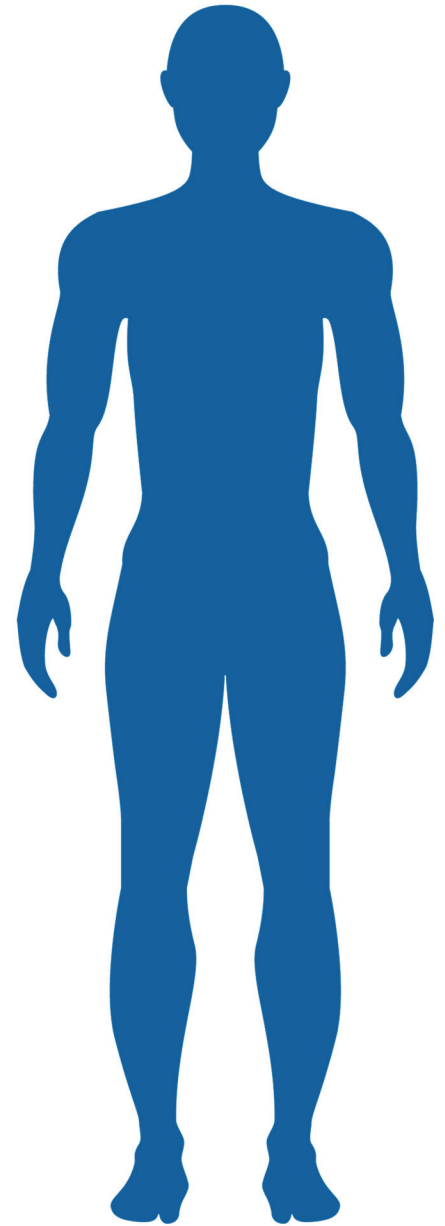
People who have regular massage sessions have been said to have enhanced bloodflow.

Avoid the Winter Blues:

When blood flow is increased stress, anxiety and depression are kept at bay.

Pregnancy:

Circulation can be compromised during pregnancy. Pregnancy massage relieves strain and reduces swelling. Pregnancy massage helps with your baby's health too.



GastroDoxs
defenders of the digestive system