

25 REASONS TO GET A MASSAGE

- ① Relieve stress
- ② Relieve post-operative pain

③ Reduce anxiety

④ Manage low back pain

⑤ Help fibromyalgia pain

⑥ Reduce muscle tension

⑦ Enhance exercise performance

⑧ Relieve tension headaches

⑨ Sleep better

⑩ Ease symptoms of depression

⑪ Reduce OA pain

⑫ Improve cardio-vascular health

⑬ Decrease stress in cancer patients

⑭ Improve balance on older patients

⑮ Decrease rheumatoid arthritis pain

Temper effects of dementia ⑮

Promote relaxation ⑯

Lower BP ⑰

Decrease symptoms of carpal tunnel syndrome ⑱

Help chronic neck pain ⑲

Reduce joint replacement pain ⑳

Increase range of motion ㉑

Decrease migraine frequency ㉒

Improve quality of life in hospice care ㉓

Reduce chemotherapy related nausea ㉔