

MASSAGE BENEFITS



RELEASES
ENDORPHINS
& ENHANCES
MOOD

RELIEVES
HEADACHE
& MIGRAINE
PAIN



REDUCES
DEPRESSION
ANXIETY &
STRESS



BOOSTS
ENERGY



ALLEVIATES
BACK
PAIN



REDUCES
CARPAL TUNNEL
SYMPTOMS



INCREASES
FLOW OF
LYMPH
& ENHANCES
IMMUNE
SYSTEM



INCREASES
CIRCULATION



LOWERS
BLOOD
PRESSURE



IMPROVES
FLEXIBILITY

