

**Massage** therapy is the practice of kneading or manipulating the muscles and other soft tissue in the body to improve your wellbeing and health. It's a form of manual therapy that involves holding, moving, and applying pressure to muscles, tendons, ligaments and fascia.

It has been noted to relax the nervous system by slowing heart rate and blood pressure. Stress and pain hormones are also decreased by massage, therefore pain and is reduced and immune function is enhanced.

Massage leaves you feeling good and relaxed as it decreases the release of cortisol, the stress hormone that is activated in the fight/flight response. Massage also releases “feel good” chemicals like endorphins, oxytocin, dopamine, and serotonin.

#### Overall Benefits of Massage

- Increases blood and lymph circulation due to the physical manipulation of soft tissue and the release of those feel-good chemicals. This improved circulation enhances the delivery of oxygen and nutrients to muscles making you feel peaceful after.
- Relaxes the muscle tissue, which in turn reduces painful contractions and spasms. Can also reduce nerve compression.
- Improves your relaxation skills. Massage can help reduce anxiety and stress.
- Allows you to rest more efficiently. Massage has been shown to improve sleep patterns.
- Alleviates symptoms of chronic illness, and diseases. Again, focusing on lowering stress response, massage helps people suffering with illness (which naturally increases stress) cope better.
- Increases your overall happiness.

As you can see, there are many physical and mental benefits of massage. Reducing pain, tension and stress are a big focus in my work. Adding massage to your self-care plan is very beneficial to your health and wellbeing.



Other services that help reduce stress and pain:  
Bowen Therapy  
Nervous System Reboot/Somatic Exercises  
Lymphatic Massage