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## **Benefits of Massage Therapy & Frequently Asked Questions**

### **What is Therapeutic Massage?**

Therapeutic Massage is the systematic and scientific manipulation of the soft tissues of the body, for the purpose of improving and maintaining health.

### **Who can be Massaged?**

First time visitors need to arrive early so a Client information form can be filled out. All information is then evaluated to determine if your health condition is appropriate for Therapeutic Massage. Massage is always tailored to your specific wants and needs.

### **How is Therapeutic Massage Beneficial?**

Therapeutic Massage reduces emotional, mental, and physical stress on the body, allowing it to relax and become healthy again. Not only does massage feel good, but it also benefits every system in the body and can help relieve specific problems such as:

- **Mental and Emotional Stress**  
Therapeutic Massage helps to relieve stress by relaxing the entire body. When the entire body is relaxed, it releases endorphins which are the body's natural "feel good" hormones. Endorphins create a better mood and outlook on life which can possibly decrease the need for pain, and other medication.
- **Muscle Soreness**  
Therapeutic Massage reduces muscle soreness by releasing tension and knots that are built up in the muscle tissue. By manually stretching out the muscles and increasing circulation, this enables the tissue to then heal and become healthy again.
- **Muscle Injury**  
Muscles that have been injured or affected by surgery can heal faster with the help of Therapeutic Massage. Light massage can increase circulation helping rebuild cells and carry away waste. Inflammation is then reduced making recovery time shorter and less painful.
- **Pain and Numbness**  
When Muscles are tight and inflamed it can put pressure on the nerves, causing pain or numbness to radiate throughout the body. Massage helps to release tight muscles, decreasing inflammation and bringing relief.
- **Certain Health Conditions**  
Diseases such as: fibromyalgia, arthritis, osteoporosis, diabetes, and many other conditions benefit from Therapeutic Massage. Symptoms associated with the disease can be reduced, allowing the body to have less pain.