

## 1 – How Massage is Beneficial

You've got stress. We all do. But it doesn't have to rule your life. Research now shows that massage can boost your immune system, providing you with more energy so you can accomplish your goals and enjoy life to its fullest.

A U.S. News & World Report considers massage to be one of the top 50 ways to improve your life. In fact regular massage therapy reduces anxiety, can be used to counter labor pains, provide regular relief to cancer and leukemia patients, improve rehabilitation after an injury, can help you manage pain, improve circulation and relieves tension-related headaches, among its numerous benefits.

Scientific research also proves that massage can help with various ailments previously thought to only have medical solutions, including:

- Depression and anxiety
- Allergies
- Carpal tunnel syndrome
- Asthma and bronchitis
- Insomnia
- Temporomandibular Joint Dysfunction (TMJ)
- Fibromyalgia and Chronic Fatigue Syndrome
- Musculo-Skeletal Disorders
- Arthritis

More than ever before people are turning to massage therapy as a way to enrich their lives and improve their health. Are you ready to begin your journey to better health and a brighter, happier future?

*Pampering You Holistic Therapies* has the services you need to get started today!

2 – How massage encourages relaxation