

## 2 – How massage encourages relaxation

Feeling stressed or wound up? High blood pressure have you nervous about potential heart trouble or maybe even a heart attack? The solution is easier than you think AND more enjoyable than a bunch of pills on your nightstand!

A good massage by an experienced masseuse, like the professionals at Pampering You, will gently knead, roll and loosen your muscles leaving you pampered and satisfied. The benefits of one relaxation massage can last days and help your body achieve a full sense of wellbeing.

How can something so relaxing help? Gentle yet pressure sensitive massaging improves circulation, which provides oxygen to your skin and organs. Your body also releases toxins to help you relax. Massage therapy activates your body's parasympathetic nervous system, which counteracts the negative response to stress, relaxes muscle tension and allows your heart rate, blood pressure and circulation to return to normal.

Left unattended your stress can become habitual and hamper your every day quality of life! Why suffer the pain and agony and risk your future? Don't suffer any longer. Call Pampering You today and make an appointment for blissful relaxation and wellbeing.

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