

## 7 – How massage relieves flexibility and range of motion

If you've ever watched the graceful moves of Fred Astaire, or the skating genius of Kristie Yamaguchi, you know what flexibility and ultimate range of motion looks like! Moving across the floor, or the ice, these athletes look like they are floating, born for the movements and grace they portray. But you don't have to be a star athlete to have flexibility like the pros!

A relaxing massage can actually help you improve your range of motion and your flexibility. Increases in flexibility are known to improve your health, especially for women. As women age, their flexibility and bone mass also decrease. Massage helps loosen up those tight muscles and a regular massage routine will improve flexibility and build up muscle movement between the joints.

Pampering you provides specialized massage packages designed for your needs. Not only will a regular massage routine help improve your health and flexibility; it also improves your vitality through improved circulation. A more youthful, radiant you is waiting to be unleashed through energizing massage! Let us help you make the most of all your years through wellbeing and increased longevity.