

## 9 – How massage strengthens the immune system

Everyone knows that massage can help relax and rejuvenate your entire body, but did you know it can boost your immune system as well? If you're feeling a bit sluggish or under the weather, a good massage might be just the thing you need to boost antibodies and fight off whatever is coming your way!

In fact, studies with cancer patients have shown that massage helps aid in the rejuvenation of healthy, healing antibodies through improved circulation to the blood and its vital nutrients.

This increase in circulation has added benefits as well. Your skin will have a radiant glow, muscle tensions are reduced throughout your entire body, and your muscles and nerves will be improved over time.

Pampering you will employ any number of massage techniques to get the results you need. Methods might include tough and energetic hands massage, deep tissue massage, lymphatic compression, a Swedish massage or trigger point therapy. Each method is designed to provide you with the maximum health benefits to get you on track and feeling your best!