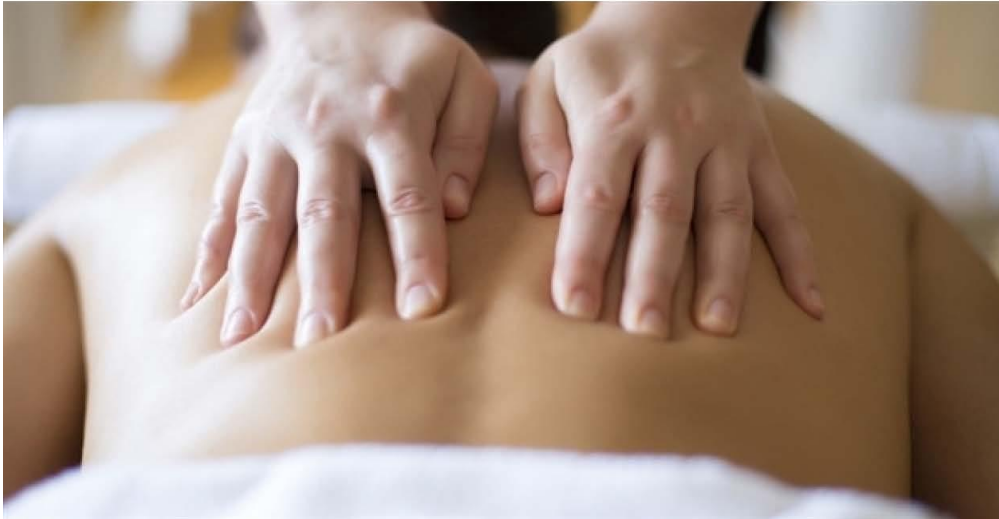




5 Ways Massage Can Improve Your Health

February 21, 2014



Massage therapy can play an important role in your health regimen. See what the research says about massage for health and wellness.

1. Control stress

The long term effects of stress can take emotional and physical tolls. Massage therapy may relieve stress and conditions associated with it, such as tension headaches.

2. Increase immunity

Medical research indicates that massage therapy can help boost the immune system by increasing the activity level of the body's natural "killer T cells," which fight off viruses.

3. Boost mental health and wellness

Research suggests that symptoms of stress, anxiety and depression (all associated with mental health) may be directly affected with massage therapy.

4. Manage pain

Pain can negatively affect a person's quality of life and impede recovery from illness or injury. Research shows massage can help low-back pain, headaches, Carpal Tunnel Syndrome and more.

5. Improve physical fitness

Elite and recreational athletes alike can benefit from massage therapy. Massage can help reduce muscle tension, improve exercise performance and prevent injuries.

