



## BENEFITS OF MASSAGE

### CIRCULATORY SYSTEM

- Improves circulation of blood throughout the body
- Improves the supply of oxygen and nutrients to the body
- Removes metabolic wastes from the body
- Helps lower blood pressure

### DIGESTIVE SYSTEM

- Aids in relaxing the abdominal and intestinal muscles
- Improves functioning of the digestive system
- Stimulates immune system

### LYMPH VASCULAR SYSTEM

- Increases lymph circulation
- Aids in elimination of metabolic wastes
- Stimulates immune system

### NERVOUS SYSTEM

- Increases blood supply to the nerves and brain
- Stimulates motor points
- Alleviates stress and tension
- Promotes a sense of well-being

### MUSCULAR SYSTEM

- Stimulates and tones muscles
- Helps relieve soreness and stiffness in muscles and joints
- Strengthens connective tissue
- Aids in relaxation, relieves fatigue and provides relief of muscle spasms

### SKIN

- Increases blood supply to skin
- Improves skin tone
- Helps firm facial muscles
- Helps keep oil glands functioning normally

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