

Benefits

- Relieves Stress
- Improves Circulation
- Releases trapped toxins in the tissue
- Alleviates muscles aches and pains
- Alleviates muscle tightness
- Reduces Blood Pressure
- Managing anxiety and depression
- Strengthens the immune system
- Alleviates discomfort during pregnancy
- Helps relieve tension-related headaches and effects of eyestrain
- Enhances the health and nourishment of skin
- Improves posture
- Reduces muscle spasms
- Improves athletic performance
- Helps with adjustments



Massage Benefits for Medical Conditions

- Arthritis
- Carpal Tunnel Syndrome
- Cramps
- Depression
- Diabetes
- Fibromyalgia
- Headaches
- Parkinson's Disease
- Plantar Fasciitis
- Rotator Cuff
- Shin Splints
- Sleep Problems
- TMJ
- Whiplash

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Massage Menu and Benefits