

25 REASONS TO GET A MASSAGE

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- ① Relieve stress
 - ② Relieve post-operative pain
 - ③ Reduce anxiety
 - ④ Manage low back pain
 - ⑤ Help fibromyalgia pain
 - ⑥ Reduce muscle tension
 - ⑦ Enhance exercise performance
 - ⑧ Relieve tension headaches
 - ⑨ Sleep better
 - ⑩ Ease symptoms of depression
 - ⑪ Reduce OA pain
 - ⑫ Improve cardio-vascular health
 - ⑬ Decrease stress in cancer patients
 - ⑭ Improve balance on older patients
 - ⑮ Decrease rheumatoid arthritis pain
 - ⑯ Temper effects of dementia
 - ⑰ Promote relaxation
 - ⑱ Lower BP
 - ⑲ Decrease symptoms of carpal tunnel syndrome
 - ⑳ Help chronic neck pain
 - ㉑ Reduce joint replacement pain
 - ㉒ Increase range of motion
 - ㉓ Decrease migraine frequency
 - ㉔ Improve quality of life in hospice care
 - ㉕ Reduce chemotherapy related nausea