

Services

Massage Therapy



What is Massage Therapy?

Massage therapy consists primarily of hands-on manipulation of the soft tissues of the body, specifically, the muscles, tissue, tendons, ligaments and joints for the purpose of optimizing health.

Massage therapy treatment has a therapeutic effect on the body and optimizes health and well-being by acting on the nervous and circulatory systems. Physical function can be developed, maintained and improved; and physical dysfunction, pain and the effects of stress can be relieved or prevented through the use of Massage Therapy.

Today's Massage Therapists use their knowledge of anatomy and physiology to combine traditional Swedish and modern Massage Therapy techniques with exercise and other therapies to treat their clients.

Benefits of Therapeutic Massage:

- Reduces and/or eliminates pain
- Improves joint mobility
- Improves circulation
- Improves immune system function
- Increases lymphatic drainage
- Reduces depression and anxiety
- Reduces tension within muscles
- Increases body awareness

Massage therapy can benefit people of all ages. While it benefits the injured, the ill and the stressed, a huge advantage of massage therapy offers is prevention of future injuries.