

## Super-Charge Your Health and Wellness

Improve Mental Health



1

### ● REDUCE STRESS

Research has shown massage can lower your heart rate and blood pressure and also increase the production of endorphins - your body's natural "feel good" chemical.

### EASE BACK PAIN

Massage can help increase blood flow and circulation, which brings needed nutrition to muscles and tissues to help aid in recovery of soreness or injury.

Enjoy Deep Tissue Muscle Recovery



2

Increase Productivity & Alertness



3

### ● SLEEP BETTER

Massage has been found to improve sleep quality by triggering the release of serotonin, a neurotransmitter that can help you feel calm.

### IMPROVE CIRCULATION

Massage helps release pressure on your body and moves blood through congested areas. The squeezing and pulling also flushes lactic acid from the muscles resulting in improved circulation.

Increase Range of Motion



4

