
trying something for the first time, or working the muscles in an unusual way. The soreness is usually a good thing and means the muscles are building. Massage performed after a workout helps to relieve the effects of muscular fatigue.

Massage relieves soreness and stiffness and it encourages the muscles to maintain flexibility and looseness. The joints, tendons and ligaments are also helped in the same manner. Massage assists the body to easily transport nutrients and oxygen to the muscles because of the enhanced blood flow.

MASSAGE IS GOOD FOR RELAXATION

Research has shown 80% of chronic disease is stress related. Everyday annoyances like heavy traffic or an overwhelming inbox—or sustained crises, such as unemployment or caring for a sick relative—can cause the body to activate the stress response constantly, which is called chronic stress. The body and brain can't reset hormones and inflammatory chemicals to normal levels, damaging the immune system, and shrink the blood vessels, inhibiting circulation. A stressed mind and body means the heart works harder. Breathing becomes rapid and shallow, digestion slows. Nearly every body process is degraded and making you far more likely to get sick. Stress is a main contributor to chronic disease, such as cancer, heart attacks and diabetes. Studies show stress can cause migraines, hypertension (high blood pressure), depression, some peptic ulcers, etc. If you are experiencing any type of regular stress then regular massage is essential. It will counteract the effects of stress and give your body the time to recuperate and recover, which is vital to your health.

A short block of weekly massage followed up by a monthly top up can rid the body of many types of pain and keeps them at bay. It also benefits circulation - function of the lymphatic system - digestion - gets rid of toxins - creates more energy - enhances deeper sleep - improves concentration and mental outlook - enhances calm and creative thinking. As well as soothing aches and pains massage also encourages the skin to heal minor abrasions. Give yourself the time out you so truly deserve, after all it's your body, are you looking after it in the way it needs and?