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# The Beneficial Effects of Massage



**Far beyond simply "feeling good," massage has an impressive range of effects and benefits, many of which have been documented in research studies conducted in the U.S., Europe and Asia.**

With a variety of hands-on methods, a skilled massage practitioner not only stretches and loosens muscle and connective tissue, but also greatly improves blood flow to the heart and the movement of lymph fluid throughout the body.

- Speeds the removal of metabolic waste products resulting from exercise or inactivity, allowing more oxygen and nutrients to reach the cells and tissues.
- Sensory receptors in skin and muscles "wake up," bringing new awareness to areas that have felt "cut off" by chronic tension patterns.
- Unblocks and balances the overall flow of life energy through out the body (known in different cultures as vital force, bioenergy, chi, prana, ki, etc.).
- In addition, massage can stimulate the release of endorphins - the bodies natural painkillers - into the brain and nervous system.

**ALL THIS TRANSLATES INTO AN AMAZING NUMBER OF TANGIBLE RESULTS.**



### **PHYSICAL LEVEL**

- Deep relaxation and stress reduction.
- Relief of muscle tension and stiffness
- Increased ease and efficiency of movement
- Promotes deeper and easier breathing
- Better circulation of both blood and lymph fluids
- Healthier, better nourished skin
- Improved posture
- Health Maintenance

### **MENTAL LEVEL**

- Increased state of alertness
- Reduced mental stress, a calmer mind.
- Greater ability to monitor stress signals and respond appropriately
- Increased capacity for clearer thinking

### **EMOTIONAL LEVEL**

- Satisfying the need for caring and nurturing touch
- Feeling of well being
- Greater ease of emotional expression
- Enhanced self-image
- Reduced levels of anxiety
- Increased awareness of the mind-body connection
- A sense of being unified and in harmony