



## Top Benefits of Massage Therapy

Massage therapy is hands down one of the best things you can do for your health. As if laying down for nearly an hour or more, while a trained massage therapist kneads and rubs on your achy muscles until they feel loose and relieved wasn't enough of a treat, you also receive a handful of health benefits from getting massages. From as early as 2700 B.C., massage was used by several ancient cultures to treat injuries and cure deadly conditions, and became the preferred treatment for sports and war injuries. Massage therapy continues to hold its place as one of the most effective, safe and natural ways to treat mental and physical ailments, such as stress, pain, anxiety and depression. Here are the top benefits of massage therapy:



Relieves stress



Encourages relaxation



Improves posture



Improves circulation



Lowers blood pressure



Helps manage pain



Relaxes muscles



Improves flexibility and range of motion



Alleviates discomfort during pregnancy



Promotes deeper and easier breathing



Relieves tension-related headaches



Strengthens the immune system



Enhances post-operative rehabilitation