

# 25 REASONS TO GET A MASSAGE

1 Relieve stress

2 Relieve post-operative pain

3 Reduce anxiety

4 Manage low back pain

5 Help fibromyalgia pain

6 Reduce muscle tension

7 Enhance exercise performance

8 Relieve tension headaches

9 Sleep better

10 Ease symptoms of depression

11 Reduce OA pain

12 Improve cardio-vascular health

13 Decrease stress in cancer patients

14 Improve balance on older patients

15 Decrease rheumatoid arthritis pain

16 Temper effects of dementia

17 Promote relaxation

18 Lower BP

19 Decrease symptoms of carpal tunnel syndrome

20 Help chronic neck pain

21 Reduce joint replacement pain

22 Increase range of motion

23 Decrease migraine frequency

24 Improve quality of life in hospice care

25 Reduce chemotherapy related nausea

