



NUVO

SALON & SPA

The Benefits of Massage Therapy

Physical Benefits of Therapeutic Massage

- ✓ Helps relieve stress and aid relaxation
- ✓ Helps relieve muscle tension and stiffness
- ✓ Alleviates discomfort during pregnancy
- ✓ Fosters faster healing of strained muscles and sprained ligaments; reduces pain and swelling;
Reduces formation of excessive scar tissue
- ✓ Reduces muscle spasms
- ✓ Provides greater joint flexibility and range of motion
- ✓ Enhances athletic performance
- ✓ Promotes deeper and easier breathing
- ✓ Improves circulation of blood and movement of lymph fluids
- ✓ Reduces blood pressure
- ✓ Helps relieve tension-related headaches and effects of eye strain
- ✓ Enhances the health and nourishment of skin
- ✓ Improves posture
- ✓ Strengthens the immune system
- ✓ Treats musculoskeletal problems
- ✓ Rehabilitation after injury

Mental Benefits of Therapeutic Massage

- ✓ Fosters peace of mind
- ✓ Promotes a relaxed state of mental alertness
- ✓ Helps relieve mental stress
- ✓ Improves ability to monitor stress signals and respond appropriately
- ✓ Enhances capacity for calm thinking and creativity
- ✓ Fosters a feeling of well-being
- ✓ Reduces levels of anxiety
- ✓ Creates body awareness
- ✓ Increases awareness of mind-body connection

After your massage

You may notice profound changes in your body and mind. You could have some or all of the following reactions. The majority of the reactions you will experience are pleasant, but some can be unpleasant, especially if you are new to massage, or if your body is very stressed. Any discomfort should be short lived, and over a period of time and regular treatment, negative reactions should diminish as your body balances itself.

You may feel generally sleepy or tired. Take care if you will be driving or working.

You may feel a little warm due to your improved circulation.

You may notice an increase in urination due to the body releasing toxins and the stimulation of the lymphatic system.

You may experience muscle soreness for 24 – 48 hours after a massage, especially after deep tissue work.

This is a natural by-product of deep tissue massage and the processing of released toxins. As the soreness subsides, you should feel relief from muscular tension.

You may feel energized; and your concentration and productivity may improve.

You will probably feel less stressed and more relaxed.

You may notice an improvement in sleep patterns.

To gain maximum benefit, the following after-care is recommended.

Increase your water intake to assist the body's detoxification process. Drinking extra water also seems to help reduce soreness and fatigue after a massage.

Have a suitable rest period after the treatment; allow the body to heal and settle. If you can, take a nap or get in bed early.

Cut down on consumption of stimulants (alcohol, coffee, tea) for at least 12 hours after the treatment: they will dehydrate you, or could place an added burden on your liver.

Avoid eating a heavy or spicy meal after massage; eating light for the rest of the day will allow your body to concentrate on natural healing and encourage detoxification.

If you do feel sore, or think that you might, stretch gently in a hot shower or take a warm bath with Epsom salts.

Schedule your next appointment. Regular sessions will help restore and maintain good health and well being. Remember, prevention is better than cure; regular treatment can help prevent your future stress from accumulating. You should consider massage appointments a necessary piece of your health and wellness plan, especially if your life is filled with stress.