

Benefits of Workplace Massage

Alleviates Headaches



Whether you have a tension-type headache or suffer from migraines, medical research has proven that regular massages can help reduce or even eliminate this painful problem.

Re-energise

Do you often feel drained by the end of your workday? Massages can relax you but they are also known for making you feel more energetic throughout the rest of the day.



Dramatically Reduces Anxiety

The good news is that our therapeutic massage can cut your body's level of stress hormones in half, which will alleviate the symptoms of anxiety.



Boosts your Immune System

Everyone can benefit from a healthy immune system especially people who typically deal with several minor illnesses every year. Getting a massage regularly is a great way to strengthen your immune system.



Combats Stress

Chronic stress increases your risk of contracting cancer and heart disease. It is also responsible for many accidents and suicides. In other words, stress is quite literally killing some people but you do not have to remain so stressed out. Instead you can take advantage of the stress-busting benefits of massage therapy.



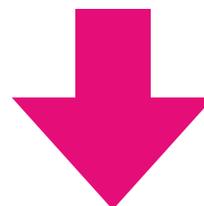
Relieves Insomnia

At any given time, one-third of adults are experiencing a bout of insomnia. So it is no surprise that people are constantly looking for ways to improve their quality of sleep. Studies have shown a strong link between regular massages and reduced insomnia. This is extremely important when you consider that many health issues are caused by a lack of sleep, including a weakened immune system and a greater risk of low-mood/depression.

Lowers Blood Pressure

If you have issues with high blood pressure then scheduling regular massages is definitely a good idea. Long-term studies have shown that a consistent massage program can decrease both diastolic and systolic blood pressure. As massage is relaxing it can naturally lower blood pressure.

WIN:WIN



Helps Digestive Issues

Everyone experiences the occasional digestive issue, and an abdominal massage can help. Regardless of whether you have been constipated for a few days or have a chronic digestive issue, a massage is a good way to get your system working more properly.

Fix Postural Stress

Another major problem associated with sitting all day is the development of serious neck and shoulder pain. This is caused by postural stress, and it can also impact your glutes and lower back. Massages address this physical stress and will relieve your painful symptoms.

