

# MASSAGE

Deep Tissue, Myofascial Release, Cupping, Swedish, Medical Massage



- **WHOLE BODY PAIN RELIEF**
- **MINIMIZE STRESS AND ANXIETY**

## BENEFITS OF MASSAGE THERAPY

- Loosens tight muscles
- Relieves tired and aching muscles
- Increases flexibility and range of motion
- Diminishes chronic pain
- Calms the nervous system
- Lowers blood pressure
- Lowers heart rate
- Enhances skin tone
- Assists in recovery from injuries and illness
- Strengthens the immune system
- Reduces tension headaches
- Reduces mental stress
- Improves concentration
- Promotes restful sleep
- Aids in mental relaxation

## MASSAGE

Massage involves the manipulation of the soft tissue structures of the body to prevent pain, discomfort, muscle spasm, and stress; and, to promote health and wellness. Chiropractic Advantage has an experienced and professional therapist on sight, whom will provide exceptional care and will design an effective customized massage treatment to address your individual needs.

## MOST COMMON CONDITIONS

- **PAIN RELIEF**
- **REDUCED ANXIETY**
- **HEADACHES**
- **NECK & SHOULDER PAIN**
- **TEMPOROMANDIBULAR JOINT DYSFUNCTION**
- **TENDONITIS**
- **MUSCLE SPASM**
- **SPORTS INJURIES**

## TREATMENT

Enhance your physical and emotional well-being with massage therapy including full-body massage and therapeutic massage. Through the caring touch of a registered massage therapist, your body's automatic relaxation response allows you to experience complete calm and tranquility. Your circulation increases, providing healthy blood flow throughout your body as your muscles loosen and normalize while pain and range of motion improve.