

SPLASH! Splash Health-Tip! "Healing By Touch! Exploring the Health Benefits of THERAPEUTIC MASSAGES for: Injuries, Chronic Aches & Pain!"

September 18 2012 4:04 PM

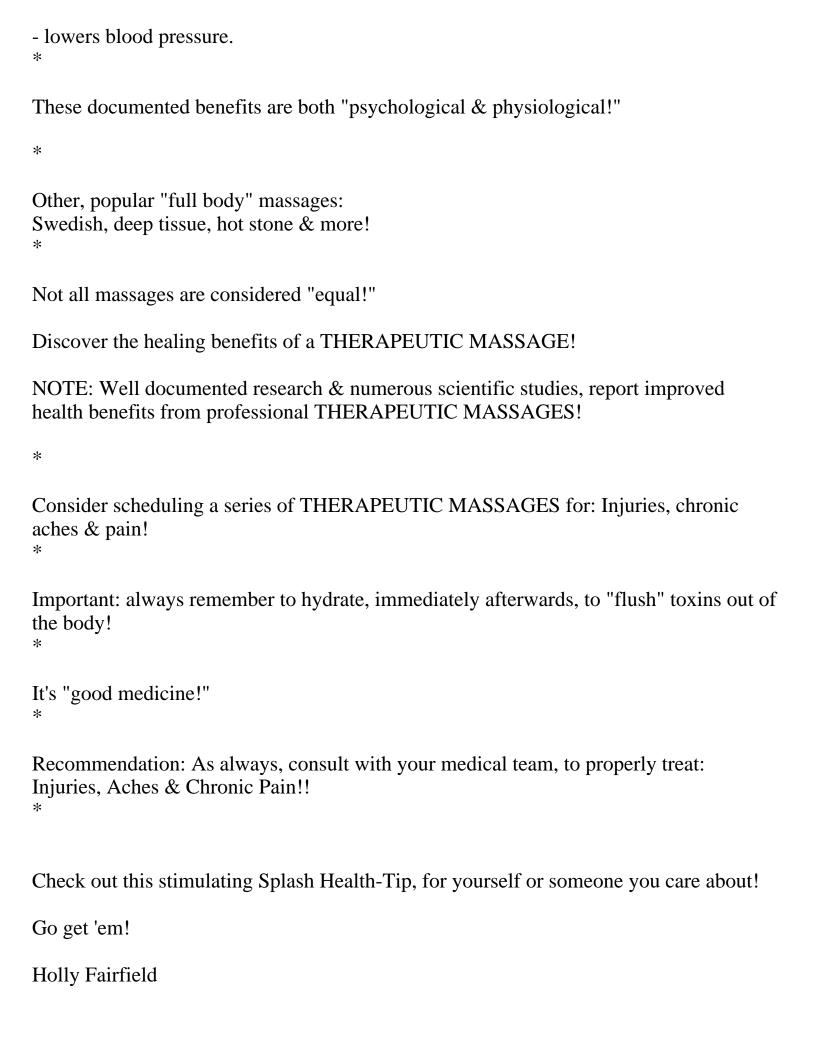
SPLASH! Welcome to the World of Splash!

"THERAPEUTIC MASSAGES"

It's Good Medicine; Not, jus a Luxury Item!

Reported benefits of THERAPEUTIC MASSAGES:

- To relieve stress & anxiety
- relieves tension
- eases chronic aches & pains from injury
- improves range of motion
- helps with labor pain & shortens maternity hospital stays eases medication dependency
- enhances immune system
- pumps oxygen into the skin for regeneration
- improves circulation
- revitalizes & elevates mood
- can boost energy level
- reduces post-surgery swelling improves digestion increases relaxation improves sleep



Sources: Body Sense Magazine, Fall of 2000 & personal interviews with professional massage therapists.