

Wondering if a good massage is the answer?

We can help!

**PHYSIOTHERAPY
MASSAGE
FITNESS
738-8299**



749 River Valley Drive
humanperformancecentre.ca

MANAGE ANXIETY AND DEPRESSION

For the same reasons that a massage is relaxing, it can also sooth anxiety and depression. Massage reduces levels of the stress hormone cortisol, resulting in lifted spirits and often lower blood pressure. It can also boost the neurotransmitters serotonin and dopamine, which are involved in depression.

EASE PAIN

Most Canadians will experience debilitating back pain at least once in their life. Massage can help. According to a 2011 study, massage



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helped people in pain feel and function better compared to people who didn't receive any massage treatment.

"We found the benefits of massage are about as strong as those reported for other effective treatments: medications, acupuncture, exercise and yoga," Dan Cherkin, Ph.D., lead author of the study, said in a press release.

IMPROVE SLEEP

If you've ever dozed off on a massage table, you don't need to be convinced that a massage can promote healthy sleep. A number of studies have examined this link, and chalk it up to massage's affect on delta waves, the kind of brain waves connected to

deep sleep, according to Health magazine.

Boost Immunity

Multiple studies, have linked massage to better functioning of the immune system. It is found massage increased a person's disease fighting white blood cells, and lowers stress levels

RAISE ALERTNESS

Want to boost your brainpower? Adults who were given a 15-minute chair massage in a small 1996 Touch Research Institute study completed a series of math questions faster and more accurately.

CURB HEADACHES

Just like muscle and back pain, headaches can also be

alleviated thanks to massage. A regular rubdown can reduce a person's number and severity of migraine.

SAVE FACE

A little prodding in the right places can even have beauty benefits. Massage increase blood flow which plumps up slack skin, encourages lymphatic drainage (the shuttling of toxins out and away from cells so that more nutrients can travel in) and adds vitality to a dull complexion and lackluster hair.

Look good, feel good.
Get a massage.



**Human
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Achieve Your Best
... We Can Help.