

## **Making Massage Benefits Last**

If massage is part of your regular health regimen, then it will be more likely the effects will endure. The beneficial effects of massage are cumulative, like any healthy habit. The more often you get a massage, the greater and longer lasting the benefits.

The benefits of massage are many, including: increasing circulation, allowing the body to pump more oxygen, and nutrients throughout the body, stimulating lymph flow and boosting immunity, relaxing overused or tight muscles, easing stress and pain, calming the nervous system, increasing joint mobility and range of motion, reducing recovery time after strenuous workouts or surgery and relieving back pain and migraines, just to name a few.

Massage frequency depends on whether your condition is chronic or acute. Whether you get a massage weekly, monthly or just once in a while, the following can maximize and extend the treatment benefits:

Hydration: Unless you are taking diuretics or contraindicated for example, with kidney problems, it is generally a good idea to drink plenty of water. After massage it will help flush your system of pathogens, impurities and toxins.

Stretching: Between massages helps maintain joint mobility, and prevent muscles from retightening. A series of stretches only takes 5-10 minutes and keeps the blood flowing to important areas.

Exercise: A massage after a workout is optimal. It will help speed recovery time from more strenuous workouts.

Body awareness: Listen to your body. After a massage, you may need to take it easy, backoff the to-do list and give it a rest. Allow your body time to regain its vitality, adding stress and fatigue after a massage will undermine its effectiveness.

Diet: Lay off the espresso and adrenaline challenges for a time. Enjoy the calm.

Give us a call to schedule a massage at the club or in your home