

10 Benefits of Monthly Massages

As a Registered Massage Therapist since 2000 I have witnessed the best progress and recovery from clients who receive monthly massage treatments. Here are my top ten benefits:

- 1) Less hypertonicity in the muscles or less tension.
- 2) Increased recovery from minor muscles strains in a quick manner.
- 3) Advice on rehab and stretching for long-term effects.
- 4) Reduction in pain and swelling from a strain or trauma.
- 5) By being proactive the body heals faster and chronic conditions can have surprising results. For example, Arthritis, Fibromyalgia, and recovery from car accidents or trauma.
- 6) Chronic muscle conditions like upper shoulders, and neck area are relieved Takes longer for the symptoms to return as consecutive treatments are administered.
- 7) Increased circulation and removal of toxins to the body overall especially if you receive a full body massage rather than just spot area therapy.
- 8) Stress is the number one symptom that affects everything when you reduce the stress your body can cope better and you can have a better sleep.
- 9) Your connection to the therapist will grow and trust is in place, therefore your response to therapist is increased and long term benefits can be achieved.
- 10) Insurance coverage plans prefer you to receive regular treatments over cramming them all in at the end of the year and you feel better all year round.

Contact me Jeannine Millan RMT, Certified Aromatologist, and Usui Reiki Master at 403-652-5776 I have an in-home massage clinic in High River.