

10 Physical Benefits of a Therapeutic Massage

Having a healthy body is everyone's desire. Here are the 10 physical benefits of a therapeutic massage.

01

Relax Body

It may seem self-explanatory, but a relaxing day at the spa is a great way to relax muscle contractions and spasms and relieve general body tension.

02

Improves Circulation

Loosening the tendons and muscles allows increased blood flow throughout the body.

03

Increase of Oxygen

Therapeutic massages can increase the number of red blood cells. An increase in hemoglobin and oxygen levels is beneficial in cases such as anemia

04

Eliminate Toxic Waste

Therapeutic massages can act as a mechanical cleanser, pushing along lymphatic fluids and assisting in eliminating toxic wastes and debris accumulated from physical, emotional, and mental strain.

05

Increases Blood Supply and Nutrition to Muscles

Massage can increase the blood supply and nutrition to muscles without adding to their load of toxic lactic acid produced through voluntary muscle contraction.

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Improves Muscle Tone

Therapeutic massages improve muscle tone and help prevent or delay muscular atrophy from forced inactivity.

07

Helps to Compensate for Lack of Exercise

Massage can compensate, at least in part, for lack of exercise and muscular contraction in persons who, because of injury, illness, or age, are forced to remain inactive.

08

Positive Effects on the Nervous System

Massage may have a sedative or stimulating effect on the nervous system, depending on the type and length of the massage treatment.

09

Prevents Formation of Adhesions

Therapeutic transverse massages help separate muscle fibers, undoing and preventing the formation of adhesions and trigger points.

10

Reduce Fatigue

Massage improves the general circulation and nutrition of tissues. It is accompanied by an increased interchange of substances throughout the body, heightening tissue metabolism.