**Benefits of Massage Therapy & Body Work**

**What is it exactly?**

**Massage:** The application of soft-tissue manipulation techniques to the body, generally intended to reduce stress and fatigue while improving circulation. The many variations of massage account for several different techniques.

**Bodywork:** Various forms of touch therapies that may use manipulation, movement, and/or repatterning to affect structural changes to the body.

**Benefits of Massage Therapy**

* Stress **relief** and **relaxation**
* Alleviate **low-back pain** and improve range of motion.
* Assist with shorter, easier labor for **expectant mothers** and shorten maternity hospital stays.
* Ease medication dependence.
* Enhance **immunity** by stimulating lymph flow—the body’s natural defense system.
* Exercise and stretch **weak, tight, or atrophied muscles.**
* Help **athletes** of any level prepare for, and recover from, strenuous workouts.
* Improve the condition of the body’s largest organ—the skin.
* Increase **joint flexibility**.
* Lessen **depression and anxiety**.
* Promote tissue regeneration, reducing **scar tissue and stretch marks**.
* Pump oxygen and nutrients into tissues and vital organs, improving **circulation**.
* Reduce **postsurgery adhesions and swelling**.
* Reduce **spasms and cramping**.
* Relax and soften injured, tired, and **overused muscles**.
* Release endorphins—amino acids that work as the body’s natural painkiller.
* **Relieve** migraine pain.
* **Grief and loss management through human touch**
* Gives you a **better range of motion, flexibility, posture and speeds healing from surgery or injury.**
* Brings a **good night’s sleep**
* **If you are alive and breathing and needing some soothing care, senior, athlete, dancer, health care provider, care-giver, parent, professional, trades person, services worker, sales person, homemaker, artist, musician, essentially everyone who breathes feels stress. If you value the important practices of good self care and want greater peace, comfort and health, you already recognize the short and long term benefits of regular massage.**

**Will My Insurance Cover It?**
The services of a bodywork professional may be covered by health insurance when prescribed by a chiropractor or osteopath. Therapies provided as part of a prescribed treatment by a physician or registered physical therapist are often covered.