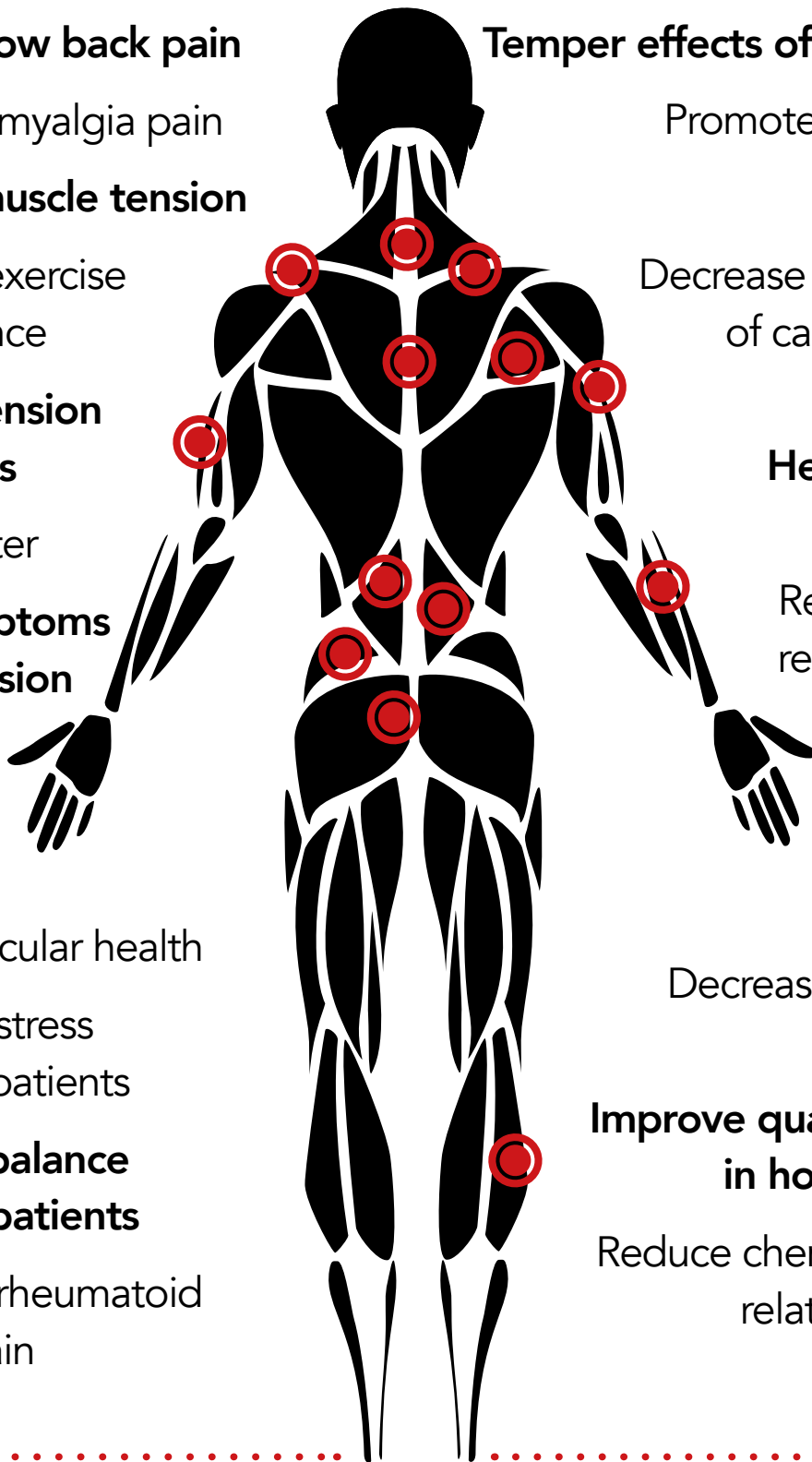


# 25 REASONS TO GET A MASSAGE

- 1 Relieve stress
- 2 Relieve post-operative pain
- 3 Reduce anxiety
- 4 Manage low back pain
- 5 Help fibromyalgia pain
- 6 Reduce muscle tension
- 7 Enhance exercise performance
- 8 Relieve tension headaches
- 9 Sleep better
- 10 Ease symptoms of depression
- 11 Reduce OA pain
- 12 Improve cardio-vascular health
- 13 Decrease stress in cancer patients
- 14 Improve balance on older patients
- 15 Decrease rheumatoid arthritis pain



- 16 Temper effects of dementia
- 17 Promote relaxation
- 18 Lower BP
- 19 Decrease symptoms of carpal tunnel syndrome
- 20 Help chronic neck pain
- 21 Reduce joint replacement pain
- 22 Increase range of motion
- 23 Decrease migraine frequency
- 24 Improve quality of life in hospice care
- 25 Reduce chemotherapy related nausea