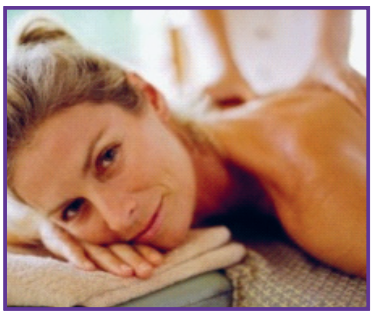
THE BENEFITS OF MASSAGE – AN AGE OLD THERAPY

If you've ever had a massage you will know it loosens up your muscles and gives you a sense of wellbeing - but have you ever taken the time to consider just why it's so good?



PHYSICAL EFFECTS.

Increase tissue permeability.
The stroking effects of massage helps to increase tissue permeability ie it allows fluids and nutrients to pass through which helps remove waste products like lactic acid and encourage the muscles to take up oxygen and nutrients which helps them recover quicker.

Stretching.
Massage can stretch tissues that cannot be stretched in the usual method which releases tension and pressure build-up and improves tissue elasticity.

Break down scar tissue.
Scar tissue is the result of previous injuries or trauma and can affect muscle, tendons and ligaments.

PHYSIOLOGICAL EFFECTS.

Pain reduction
Tension and waste products can cause pain and massage can help reduce this is many ways and encourage the release of endorphins.

Relaxation
Muscles relax through the heat generated, circulation and stretching.

PSYCHOLOGICAL EFFECTS.

Relaxed muscles and nerves lead to reduced levels of anxiety and stress and release of endorphins – the feel-good hormone.

Everybody has a certain amount of stress in their lives such as money worries, relationship problems or just the fast pace of everyday life. You cannot always avoid stress but the healthiest and most productive people are those who learn to relieve stress and manage it.

As stress builds up you find you become less able to relax and tension develops causing aches in muscles, feeling tired and having little energy. A massage can help break the stress cycle and trigger a relaxation response.

At St Judes Clinic our sports massage and relaxing body massages are given by Chartered Physiotherapists so you know you are in safe hands. Why delay – treat yourself to a massage today!

St Judes sells a range of gift vouchers including: massage, reflexology, Indian head massage and pregnancy massage. Just ask our friendly staff for details. Tel: 01525 377751.

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