

Therapeutic *Massage* for your senior years

Today, the benefits of massage are varied and far reaching. As an accepted part of many physical rehabilitation programs, massage therapy is also beneficial for many chronic conditions, including low back pain, arthritis, high blood pressure, diabetes, depression and more.

Research shows that massage loosens muscle tension, increases circulation, and calms the nervous system. These simple effects can help with many conditions.

Specifically therapeutic massage can:

- relieve pain from tight muscles
- increase relaxation
- speed healing from injuries or surgery
- improve health and mobility of joints
- enhance mobility
- strengthen immunity
- enhance restful sleep
- reduce swelling from excess water retention
- increase vitality, energy and mental alertness

Though aging is unavoidable, you can take steps to maintain or improve your quality of life no matter how old you are. Regular therapeutic massage can improve physical and mental health throughout your life. So ease away tension, help reduce stress and improve your well-being with a massage today.

Call today for your appointment.

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414.212.2000

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414.228.2800