



# MASSAGE - HOW IT CAN BENEFIT YOU

Massage uses hands-on techniques and incorporates Flower Essence therapy to aid muscle and connective tissue with relaxation and rejuvenation.

## Physical and Mental Benefits of Massage Therapy

- Relieves stress and aids relaxation
- Relieves muscle tension and stiffness
- Reduces muscle spasms
- Improves joint flexibility and motion
- Improves circulation of blood and lymph fluids
- Reduces blood pressure
- Fosters peace of mind
- Improves sleep
- Reduces levels of anxiety
- Assists with the breakdown and removal of lactic acid

Massage can assist you to achieve relaxation, improved flexibility and relief from pain.

*Make an Appointment - Call Now: 9240 5266*

*ANNE MARIE BUDD*

*Massage/Mind-Body Therapist*

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