

Massage Therapy Improves Circulation

The long term effects of massage therapy are much more than just skin deep. Better circulation is part of the chain reaction that happens in the body as a result of receiving massage therapy on a regular basis.

According to Eileen Cahalane of Alive Magazine:

A person with poor circulation can suffer from a variety of discomforts including pooling of the fluid in the extremities (like the toes), cold hands and feet, fatigue, and achiness created by an accumulation of lactic acid in the muscles. Good circulation brings damaged, tense muscles the oxygen rich blood they need to heal.

Massage facilitates circulation because the pressure created by the massage technique actually moves blood through the congested areas. The release of this same pressure causes new blood to flow in. The squeezing and pulling also flushes lactic acid from the muscles and improves the circulation of the lymph fluid which carries metabolic waste away from muscles and internal organs, resulting in lower blood pressure and improved body function.

Improved circulation is just one more benefit of massage therapy. Combined with a balanced diet and regular exercise, massage can be the key to leading a healthier lifestyle.

Improved Circulation Benefits

- Enhances blood flow
- Moves waste away from muscles and internal organs
- Lowers blood pressure
- Improves body function