

# 5 proven health benefits of Massage Therapy

Thinking about a massage?

Go for it!

As any massage therapist knows, this practice has numerous health benefits. Let's look at five ways a massage can help people live better lives:

01.

A massage is one of the best cures for **stressful living.**

Studies indicate it can also help people with anxiety, depression and other emotional ailments.<sup>1</sup>

02.

Massage therapy has also proven effective at treating **pain and muscle tension.**<sup>1</sup>

People with chronic pain issues (such as fibromyalgia and myofascial pain syndrome) can better lead normal lives with regular sessions.

03.

Several studies show massage therapy can help people control or lower their **blood pressure.**<sup>2</sup>

04.

Massage therapy is often used to treat **soft tissue and sports injuries.**<sup>1</sup>

05.

Research suggests massage therapy can boost cancer patients' **mood and recovery.**<sup>3</sup>

Overall, massage therapy is a great, low-maintenance way to improve a person's physical and mental health.<sup>4</sup> MINDBODY is proud to support a community of massage therapists dedicated to bringing these wellness benefits to their communities!

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1. December, 2015, Massage: Get in touch with its many benefits, Mayo Clinic,

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/massage/art-20045743>

2. Research roundup: Cardiovascular health & massage, American Massage Therapy Association,

<https://www.amtamassage.org/research/Massage-Therapy-Research-Roundup/Research-Roundup--Cardiovascular-Health---Massage.html>

3. September, 2015, 6 things to know about massage therapy for health purposes, National Center for Complementary and Integrative Health,

<https://nccih.nih.gov/health/tips/massage>

4. September, 2014, Massage can improve health and wellness, American Massage Therapy Association,

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