



## **BENEFITS OF BODY MASSAGE**

All massages fight stress, but some are particularly effective. A traditional massage is good for everybody who want to relax but doesn't want to be too adventurous.

For massage lovers who want to enjoy really deep relaxation, Puri Santi recommends either a Signature Massage or a Hot Stone Massage, as they are 90-minutes treatments.

There are both physiological and psychological benefits to body massage. Massage is designed to enhance or aid various systems of the body to improve overall health and vitality. Our bodies respond to massage therapy in several ways. Massage also initiates the release of high levels of lactic acids that build up in the muscle tissue when we are tense or the muscles are overworked.

Massage has a variety of physical benefits. It is most commonly used to release muscle tension and treat sports injuries and related problems, but it is also believed to support immune system functions and to lower blood pressure. This also aids in achieving a more restful state of mind. The calming effect that skilled human touch has on the nervous system is another major benefit of massage.

A body massage before or after sportive activity has many benefits from pain reduction to increased performance and also increases the circulation to the focus area of the body. Improved circulation with oxygenated blood is key to reduced swelling and helps to carry waste products such as lactic acid out of the muscles, provides an increased nutrient flow to recovering tissues and stretches the muscles and prepares them for physical activity. When muscles become dehydrated the fibers may stick together and cause painful areas, as we all may know of them as, "trigger points".

Puri Santi's Hot Stone or Signature Massage can soften these areas and bring back flexibility to the muscles by smoothing the muscle fibers and allowing them to operate on their own again. Massage therapy also relaxes muscle spasms and relieves muscle tension.

### **Mental benefits of massage therapy:**

Regular body massage treatments leads to improved overall performance. The nervous system assists in the regulation of all other systems of the body. Through massage the hyperactivity of the nervous system is reduced, which provides better communication between your body's systems. It is an effortless way to relieve mental strain and even helps improve sleep. Massage therapy creates a relaxed state of alertness, reduces mental stress and enhances your capacity for calm thinking and creativity.

With regular massage, you can expect enhanced energy levels, improved balance and increased calm in your mind and body. It creates body awareness and improves the ability to monitor stress signals and to respond appropriately.

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