



**body techniques**  
workplace stress management

# Benefits of Massage for Working Professionals



## Delete Stress. Restore Wellness.

Whether your computer is stationed at an ergonomic desk or relocated to the kitchen table, work is taxing on both the mind and body. The average person has 9+ hours of screen time a day, bombarded with messages while often slouched over. Massage is an invaluable tool when it comes to enhancing wellness, and now there is a growing body of scientific research capturing its benefits.

## Benefits

### Boost the Immune System

Regular massage stimulates blood flow throughout the body and helps to flush out toxins. During a hand-on session, white blood cell activity is stimulated and this helps our bodies fight against illness and disease.<sup>1</sup>

### Pain Management

Whether it is a sore back from sitting all day, or possibly neck pain from looking at a screen, introducing massage to your routine can help you live well. Massage targets the areas where you need attention the most so you can alleviate pain and reduce tension by working the muscles and tissue fibers. Less pain means more time to focus on the moments that matter.

### Massage for Mental Health

Stress wreaks havoc on our bodies and can manifest itself physically as pain and illness. Massage is proven to reduce cortisol levels and blood pressure, and multiple studies provide evidence that it aids in managing anxiety, stress, and promotes relaxation.<sup>2</sup> For working professionals, managing stress is vital to a long career and a healthy life outside the office.

## Wellness During Times of Uncertainty

We've all heard it, 2020 is a year for the books. During times of heightened stress, selfcare is essential. Massage helps us disconnect from the daily grind so the body can truly rest and reset. Massage therapists provide deep relaxation to clients while adhering to the highest standards of safety and sanitation, so you leave ready to tackle whatever comes your way.



1. Massage Therapy is Associated with Enhancement of the Immune System's Cytotoxic Capacity, International Journal of Neuroscience 2. AAMT Research Report, Global Wellness Summit

