



Body Systems Stimulated by Massage

*** people who get monthly massage report better sleep, quicker recovery from illness and injury as well as an improved overall mental health!**

Integumentary (skin):

Friction and contact with the skin increase the body's temperature which bring nutrient rich blood to the surface. It also stimulates oil and sweat glands leading to improved skin conditions.

Musculoskeletal:

Massage relieves muscular tension, increases flexibility, and reduces soreness and fatigue to name a few things. It benefits the skeletal system by increasing mineral retention, building stronger bones, and improving healing time for fracture due to the increase of blood circulation.

Nervous:

Massage helps to calm the nervous system which reduces stress and anxiety! Chronic pain is also decreased with frequent massage due to the release of endorphins.

Endocrine (hormones):

The endocrine system influences almost every cell, organ, and function of the body. Massage helps trigger the release of hormones and neurotransmitters into the body helping to reduce stress and depression.

- Reduction in stress and depression with increased dopamine.
- Decreased stress and improved immune function with less cortisol.
- Improved mood and relaxation with increased serotonin and norepinephrine.

Circulatory:

Massage promotes circulation of lymph and fluid to improve and support the lymphatic and immune systems where your body FIGHTS INFECTION.

Respiratory:

Strengthening the respiratory muscles helps with overall lung functions. Massage assists in fluid discharge from the lungs helping to improve breathing.

Digestive and Urinary:

Massage helps promote proper function of the overall digestive process. It can relieve gas and constipation. May also help increase urine production as well as rid the body of metabolic waste.