

# THE BENEFITS OF MASSAGE

## REDUCE STRESS

Research suggests massage therapy can significantly reduce stress and increase the production of feel-good neurotransmitters.

*International Journal of Neuroscience*

## REDUCE LOWER BACK PAIN

Evidence suggests massage therapy to be beneficial in reducing acute low back pain and aiding in better functioning of the low back.

*Annals of Internal Medicine*



## REDUCE NECK PAIN

Did you know that a 60-minute massages two to three times per week could reduce chronic neck pain and dysfunction?

*The Annals of Family Medicine*

## BOOST IMMUNE FUNCTION

Studies found Swedish massage to have profound biological impacts: an increase in circulating immune cells that help fight disease and a decrease in stress hormones that negatively impact our immune system.

*Journal of Alternative and Complementary Medicine*



## Extend the benefits of your massage with products that actively nourish the skin

Pure-ssage massage products only includes skin-loving ingredients that actively promote the health of your skin while protecting it from exposure to toxic chemicals like parabens, formaldehyde, synthetic fragrances, and other adulterants. Check out a few featured ingredients:



EVENING PRIMROSE

GLA, an Omega 6 fatty acid, keeps skin hydrated and youthful without clogging pores.



GREEN TEA EXTRACT

Antioxidants help to diminish the signs of aging, calms irritation, evens out discoloration, and more!



ARNICA EXTRACT

Known for its healing properties, arnica helps reduce the appearance of swelling and bruising.

