

Benefits of Oncology Massage

Studies have shown that massage may reduce:

- Pain
- Headaches
- nausea
- anxiety and depression.
- Fatigue

Massage has been shown to aid improvements in

- sleep
- mental clarity
- range of movement.
- health of the scar tissue
- quality of life

Clients report it has helped them with

- feeling whole again
- able to relax
- supports to share feelings in an informal setting
- feel more positive about their body
- rebuilds hope

