



Why Should Everyone Have Massages Regularly?

by Leslie Jaeschke

Many people agree that getting a massage makes them feel good, but many don't realize that having a massage regularly is great for your overall health. Massage can improve sports performance, aid recovery and prevent injuries, reduce stress, and enhance circulation.

So where do you turn when you're not feeling your best? There are many health treatments available so how do you choose? Think about this, the Chinese began using massage to heal the human body as long ago as 5,000BC and it's been in continuous use through today!

Massage Therapy for Health and Wellness

Massage looks a lot like pressing and gliding on the skin, but massage is actually a scientific process. There is a reason you feel different after receiving a massage. Massage increases blood and lymph circulation, which promotes healing and invigorates tired, aching, and injured muscles. Lymph is a fluid that rids the body tissues of waste and relies on the movement of muscles to do so. Massage can dramatically aid lymph movement, which together with blood, supplies the body with nutrients and oxygen, and rids wastes and toxins.

While increased blood and lymph circulation is important to our health, massage offers many other benefits:

- Increases blood's oxygen capacity by 10-15%
- Soothes contracted, overworked muscles and stimulates weak, underused muscles. This "balance" helps posture and movement.
- Speeds recovery from exercise-induced fatigue
- Increases production of gastric juices, saliva, and urine – aiding digestion and elimination
- Balances the nervous system – soothing and stimulating
- Increases skin's suppleness and allows inflexible skin to become softer

Increase the Benefits with Regular Visits

Receiving a massage regularly can do you a world of good. Taking part in regularly scheduled self-care massage treatment protocol can play a huge part in how healthy you'll be and how youthful you'll remain with each passing year. Budgeting time and money for massage is truly an investment in your health. Remember, just because massage feels like a pampering treat doesn't mean it is any less therapeutic.

Massage appointments are a necessary piece of your health and wellness plan.

Contact The Ommani Center at 262.695.5311 to schedule a session with me to establish a treatment schedule that best meets your needs.

Leslie Jaeschke, LMT joined Ommani in July, 2015. Her expertise includes deep tissue, myofascial release, cupping massage, geriatric massage, prenatal and postpartum massage, as well as a bevy of additional techniques. She is passionate about educating people concerning the benefits of massage therapy. If you have a question and would like to know whether massage therapy can help – just call and she will be happy to talk with you.