



Top 5 Reasons for Massage Therapy During the Holiday Season

By Leslie Jaeschke, Licensed Massage Therapist

The holidays and winter weather are quickly approaching and so is the dramatic increase in stress, illness, and injury. You will soon be far too busy with holiday planning, shopping, cooking, entertaining family and friends, and enjoying or enduring our Wisconsin winter. So how can Massage Therapy help you during this joyous and chaotic time?

Here are the Top 5 Reasons:

1. **Stress Reduction:** This is without a doubt the most stressful time of year for the average person. An endless shopping list, crowded stores, financial burdens, relatives visiting, cooking for large groups and traveling... Yikes! Massage Therapy is a scientifically proven means of reducing stress. Seriously, take 60 or 90 minutes in November, December, and January and allow yourself this quality "me time" and let a massage therapist release your stress-fighting hormones.
2. **Boost Your Immune System:** With the increase in stress hormones, being indoors more so than outside and being around lots of family and friends puts a MAJOR strain on our immune system. Clinical studies show that Massage Therapy increases the body's natural killer cells, aids in the fight against bacteria and infection, and naturally enhances the body's ability to get nourishment to important areas.
3. **Warm-up, Prevent Injury, Ease Muscle Soreness:** OK, so most of us live in Wisconsin and have for some time. We are all very well aware of how cold it gets and how much snow we have to shovel or plow. On the bitter cold days we will soon have, our muscles tighten-up - so warm-up with a massage in a toasty room on a heated table. Even though it was in the 70's this past week, the snow will be coming which leads to muscles soreness and injuries from shoveling. Use Massage Therapy to ease the soreness and pain and help you to recover faster
4. **Treat Yourself:** This is the Season of Giving and a time we pride ourselves on our selflessness. But what about YOU? Take time for yourself and give yourself the gift of wellness through Massage Therapy. Or when someone asks what you would like for a holiday gift or hostess gift, ask for a massage session.
5. **Gifts for Others:** Don't know what to get your spouse, siblings, children, or boss? Everyone loves getting a gift certificate for Massage Therapy. How about a Massage Gift Certificate to be used for your "Mystery Present" parties? Watch how popular that present will be! Avoid crowded stores and piles of online shipments at your doorstep and give the gift of wellness through Massage Therapy.

Wishing you a safe, happy and healthy upcoming holiday season!

Massage Session rates:

60 minutes is \$65 or Package of 3 sessions is \$180

90 minutes is \$85 or Package of 3 sessions is \$240

Please call The Ommani Center at 262-695-5311 to schedule an appointment with Leslie or to purchase Massage Gift Certificates.