

# Should I get a **Massage** this Christmas?

## How do You Feel?

I feel great, I would love to BUT...

### EXCUSES?

#### Not enough time

- Can I take a longer lunch every week or second week
- Arrive early, to leave early from work
- Arrange a babysitter, aftercare, play date

Have a set monthly/weekly massage time, then you can schedule around that

#### On a budget

- Consider take away coffees, bought lunches and dinner outings – cut those back once or twice a week, and it's easy to save for a monthly massage

#### Do I have to get naked?

- Most massages require outer garments to be removed, but underwear stays on
- Some massages like Thai can be done over the clothing
- Tell your therapist what you are comfortable with and they can plan around that

#### Massage is painful/ it's just skin polishing!

- Some massage can be painful for effect but speak to the therapist
- They can adjust pressure throughout the massage, to harder or lighter
- You should never feel uncomfortable

I would, but I don't feel great

#### I am feeling ILL

- Fever/temperature
- Flu
- Cold
- Stomach ache

Rest until symptoms subside then have a **massage** to BOOST your Immune System in a day or two

#### I have a HANGOVER

- Rehydrate yourself
- Rest

#### I have/ I am feeling

- Headache
- Sinus
- Migraine
- Tired
- Stressed
- Overwhelmed
- Sad
- Anxious

I feel super healthy, I don't think I need one!

Do you want to maintain that healthy feeling?

NO

Are you crazy?  
Get a massage

YES

You got it right!!

### 10 Ways a Regular

### Massage can Improve Your Life

- Manage anxiety and stress – promotes release 'happy' hormones and reduces stress hormones
- Muscle relaxation – relieve headaches, body pains, neck and shoulder pain, aid in injury prevention and recovery
- Increase blood flow and circulation – promotes tissue health and healing, reduced feelings of fatigue
- Relieves low back pain
- Enhances your mood – by increasing release of serotonin and dopamine 'happy' hormones. This includes improved sexual desire and reduced symptoms of depression
- Relief from symptoms (pain and mobility) of fibromyalgia and chronic pain, arthritis pain
- Improves sleep quality
- Improves mental alertness
- Improves athletic performance
- Improved cardiovascular health

## Get a MASSAGE

**It's not just pampering luxury, there are REAL HEALTH BENEFITS**

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