

Benefits of Massage

Benefits of regular massage treatment.

In order to maximise the benefits of Swedish massage, it is important for clients to receive regular treatment.

Such benefits would include:

- Reduction in stress levels
- Improved circulation
- better sleeping
- Increased energy levels
- General sense of well-being

It is advisable to offer clients a course of treatments (4-6 initially) and to recommend the client take treatments close together initially.

Frequency of treatment may vary due to a clients' resources (time and money) and clients should be encouraged to attend treatments as regularly as their schedule and finances allow.