Benefits of Massage

- Alleviate low-back pain and improve range of motion
- Ease medication dependence
- Enhance immunity by stimulating blood flow - the body's natural defense system
- Exercise and stretch weak, tight or atrophied muscles
- Help athletes of any level prepare for and recover from strenuous workouts
- Increase joint flexibility
- Lessen depression and anxiety
- Promote tissue regeneration, reducing scar tissue and stretch marks
- Increase oxygen and nutrients in tissues and vital organs, improving circulation
- Reduce spasms and cramping
- Relax and soften injured, tired, and overused muscles
- Release endorphins - amino acids that work as the body's natural painkiller
- Reduce headache frequency

Therapeutic Massage
Relax-Restore-Revive-Renew
at the Wichita State University Heskett Center