

WHY THE MIX OF MENTAL HEALTH THERAPY AND MASSAGE?

**According the American Massage
Therapy Association**

“Mental Benefits of Massage Therapy”

- “Fosters peace of mind
- Promotes a relaxed state of mental alertness
 - Helps relieve mental stress
- Improves ability to monitor stress signals and respond appropriately
- Enhances capacity for calm thinking and creativity
 - Emotional Benefits
 - Satisfies needs for caring nurturing touch
 - Fosters a feeling of well-being
 - Reduces levels of anxiety
 - Creates body awareness
- Increases awareness of mind-body connection”