Massage for Stress

Massage has long been used to combat the deleterious effects of stress. As massage therapy switches on the parasympathetic nervous system, it deactivates the sympathetic nervous system which controls the “Fight or Flight” response and sends stressor hormones throughout the body. This reduction of elevated hormones results in a cascade of relaxation, improved immune function, increased circulation, and more open communication between the nervous system and the musculoskeletal system.

Individuals who receive regular massage (typically an hour-long session every 4 to 6 weeks) report better health, better range of motion, improved concentration and performance under pressure, and of course, less stress!

With virtually zero negative side effects, massage therapy is a valuable health management tool!

Let us help you manage stress!
Make your appointment online, or by calling:

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Research and Studies:

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