



COUNTRY HEALTH CLINIC
CARING NATURALLY, ONE PERSON AT A TIME

Massage Therapy

Massage therapy can relieve all sorts of ailments from physical pain, to stress and anxiety. People who choose to supplement their healthcare regimen with regular massages will not only enjoy a relaxing hour or two, but will see the benefits carry through the days and weeks after the appointment.

Benefits of massage therapy:

- Reduce stress
- Improves circulation
- Reduce pain
- Eliminate toxins
- Improve flexibility
- Improve sleep
- Enhance immunity
- Reduce fatigue
- Alleviate depression and anxiety
- Reduce post-surgery and post-injury swelling

