

# 5 MASSAGE THERAPY BENEFITS THAT MIGHT SURPRISE YOU



Massage therapy is a physical therapy technique that improves your overall health and well-being. The primary massage therapy benefits includes muscle tension relief, stress and anxiety reduction, and injury prevention.

## 3 TYPES OF MASSAGE THERAPY



### SWEDISH MASSAGE:

DURING A SWEDISH MASSAGE, THE MASSAGE THERAPIST WILL ADMINISTER LONG STROKES EITHER WITH THEIR HANDS OR A SMALL ROUND OBJECT CALLED A SPOON.



### DEEP TISSUE MASSAGE:

UNLIKE OTHER MASSAGE TYPES, A DEEP TISSUE MASSAGE FOCUSES ON WORKING DEEP INTO THE MUSCLE TISSUE.



### SPORTS MASSAGE:

TARGETS MUSCLES, TENDONS, LIGAMENTS, & JOINTS TO IMPROVE AN ATHLETE'S PERFORMANCE, PREVENT SPORTS-RELATED INJURIES, & ACCELERATE RECOVERY TIME AFTER AN INJURY HAS OCCURRED.

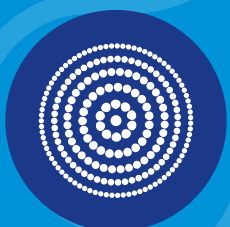
## TOP 5 MASSAGE THERAPY BENEFITS



Reduce Anxiety Symptoms



Improve Mood



Relieve Muscle Pain and Soreness



Strengthen immune system



Generate Better Sleep

## LAUNCH YOUR MASSAGE THERAPY CAREER AT FLORIDA ACADEMY