

Healing Hands Holistic Health Center School Of Massage



Benefits Of Massage On The Anatomical Systems

Circulatory System

Helps to develop a stronger heart, improves oxygen supply to the cells, increases the supply of nutrients to the cells, eliminates metabolic waste, decreases swelling, decreases blood pressure.

Digestive system

Relaxes the abdominal and intestinal muscles, relieves tension, stimulates activity of liver and kidneys, promotes release of gas, stimulates the abdominal nerves resulting in increased secretion of digestive enzymes and juices by the abdominal organs, eliminates waste material.

Endocrine / Exocrine Systems

Soothes or stimulates the external body which affects the nervous system's action on hormonal activity and the circulatory system's load of enzymes, digestive juices, hormones etc... The stimulation on the skin increases circulation of the sudoriferous and sebaceous glands.

Integumentary System

Stimulates blood to better nourish the skin, Improves tone and elasticity of the skin, Helps to normalize glandular functions which improves perspiration and waste elimination.

Lymph System

Improves the flow and circulation of lymph, drains sluggish lymph nodes, eliminates metabolic waste improving the function of the lymphatic system helping to rid the body of toxins and waste materials.

Muscular System

Increases Circulation, increases elasticity or flexibility, increases muscle tone, stimulates and relaxes muscles, relieves soreness, tension, and stiffness, strengthens muscles and connective tissue.

Nervous System

Stimulates motor nerve points, relieves restlessness and insomnia, promotes a sense of well - being, relieves pain. The increased blood circulation results in additional nutrition to the nerves.

The Respiratory System

Develops respiratory muscles. Assists in proper breathing. Increased circulation increases elimination of carbon dioxide and absorption of oxygen.

Skeletal System

Improves body alignment, relieves stiff joints, relieves tired, aching feet. The increased blood supply aids nutrition, growth and repair of bones.