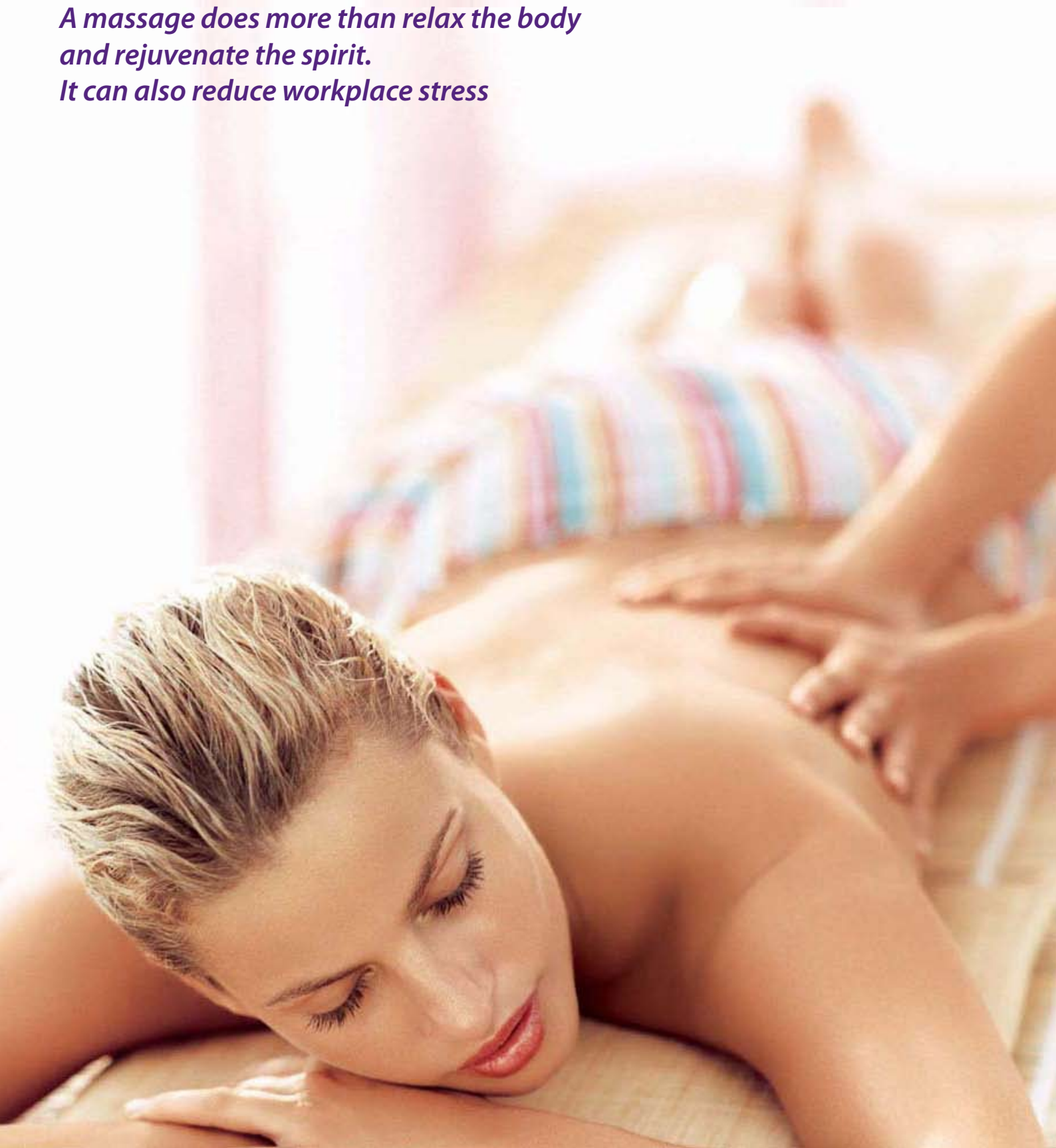


Health benefits of Massage

*A massage does more than relax the body
and rejuvenate the spirit.*

It can also reduce workplace stress



While many people still think of a massage as an indulgence, more and more studies are revealing that massages have the ability to reduce stress, alleviate pain and increase productivity in the workplace. A lot of people think of massages as a reward but at BeautyWell®, we prefer to think of it more like a vitamin - something we have regularly to stay healthy.

In 2001 one in three adults suffered from moderate to extreme stress - an increase of nearly 40% in just four years. The total cost in Australian workplace stress in 2000 was estimated to be \$1.2 billion.

President of the Australian Association of Massage Therapists Geoff Waldron says, "Massage Therapists are seeing on a daily basis the physical results of stress and injuries related to the workplace. Introducing massage as part of staff wellness programs is a smart way for employers to balance health with working life".

Stress can manifest itself in three ways. It can affect the circulatory system resulting in sweating, heart palpitations and shortness of breath. Stress can also manifest itself in the mind, where your mind races and you can't seem to slow your thoughts down. Thirdly, there's stress that manifests itself in the body, resulting in muscle tightness, cramps and aching shoulders and neck.

Massage is an effective way to temporarily relieve stress, however, people need to have realistic expectations when it comes to massage. If the thing that is causing stress in your life is a permanent fixture, then that should also be addressed.

Aromatherapy massage is an effective type of massage to treat stress. When it comes to massage, a lot of people have the attitude that if there's no pain, there's no gain. This isn't necessarily the case.

Aromatherapy massage involves the application of essential oils combined with light and relaxing massage to improve physical and emotional wellbeing. The essential oils are selected and combined to create a unique mix for each person.

Aromatherapy works on the central nervous system to help alleviate stress. At BeautyWell, we use different oils depending on the client. Lavender is very effective in treating stress, as is jasmine and mandarin. Rosemary and peppermint on the other hand are very good for relieving muscle pain.

If you're working on a computer all day, the chances are that you're actually sitting in a way that reinforces the stress response. You have to open yourself up and start getting that balance through things like massage, exercise or yoga.

Massage is one of the oldest healing arts known and it remains one of the most effective and enjoyable ways of relaxing, reducing stress and improving health.



Stress Statistics

- A recent study by Medibank Private found that healthy workers are three times more productive than those that define themselves as having poor health.
- Work related stress accounts for the longest stretches of absenteeism.
- In 2004, stress related workers compensation claims had increased by 400 percent in the last 10 years, and the payout costs had doubled in the last six years.
- The average NSW workers compensation claimant takes over 20 weeks off work a year.
- The World Health Organisation lists stress at work as one of the top ten key determinants of poor health.

Benefits of Massage

- Stimulates the production of red blood cells and helps counter anaemia.
- Improves Circulation
- Promotes lymph flow.
- Relieves muscle tension.
- Helps clear muscles of lactic acid and uric acid that form during exercise.
- Improves muscle tone and delays muscle atrophy.
- Helps reduce inflammation and oedema in joints and soft tissue.