

## Top 10 REASONS TO GET MASSAGE IN 2010

- 1.) It lowers your heart rate & blood pressure and increases circulation
- 2.) It reduces stress & anxiety and encourages physical & mental relaxation
- 3.) It relaxes tense muscles, reduces spasms and improves range of motion
- 4.) It increases lymph & blood flow while promoting detoxification
- 5.) It increases endorphin production and supports faster healing
- 6.) It promotes greater joint flexibility and improves your posture
- 7.) It strengthens your immune system and helps build up your resistance
- 8.) It allows for deeper, easier breathing and increases oxygen to your cells
- 9.) It helps with aches, pains, depression, arthritis, insomnia, injuries.. Etc...
- 10.) IT FEELS GOOD... IT NURTURES YOU... IT IS MOOD ALTERING!!!

### IT'S A PERFECT 10

This year, commit to doing something great for yourself... GET A MASSAGE!!

There aren't too many other options out there that can do so many things to enhance your overall health... body, mind and spirit

This year commit to taking better care of yourself...  
treating yourself to something healthy, natural and enriching

**HEART AND SOUL** is committed to educating you about  
both the present and long term benefits of massage

Getting regular massage is one of the best things you can do for yourself!  
You deserve it!