

## Swedish Massage

The main purpose of Swedish massage is to increase the oxygen flow in the blood and release toxins from the muscles.

Swedish Massage eases stress from the body by calming the nervous system, reducing muscular tension and by stimulating the release of endorphins, a natural chemical in the body that induces deep relaxation. With stress under control, the body's immune system functions better. It can have emotional as well as physical benefits.

Swedish massage feels amazing, as well as relaxing and invigorating. It affects the nerves, muscles, glands and circulation, while promoting health and well being.

**1 hour \$88**