

Massage

Slow down during the busy holiday season for a well-deserved massage! Massages at the Wisconsin Athletic Club offer many benefits:

- relieves stress
- alleviates pain and tension
- decreases inflammation
- promotes speedy recovery from injury
- improves joint flexibility and range of motion
- improves circulation by pumping oxygen to vital organs
- strengthens the immune system by stimulating lymph flow
- improves posture
- relieves pregnancy discomfort
- reduces anxiety
- increases body awareness
- alleviates low back pain
- eases medication dependence
- reduces spasms and cramping
- promotes tissue regeneration

Massages also can be effective in helping with various health conditions, such as:

- anxiety
- depression
- arthritis
- back pain
- carpal tunnel
- circulatory problems
- digestive disorders
- fibromyalgia
- headaches
- sleep disorders
- sports injuries
- stress
- tendonitis

Contact the WAC location nearest you to book an appointment today. And what a great gift idea for those you love!



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