

Massage Benefits for Dancers



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Just because massage feels like a pampering treat doesn't mean it isn't a therapeutic treatment. Consider massage treatments to be a necessary piece of your health and fitness plan. Good self-care practices can help you maintain your body year after year, allowing you to reach your maximum potential in dance performance and practice.

Did you know that therapeutic massage...?

Reduces...

Scar tissue adhesions

Pain from tissue restrictions

Spasms and cramps in muscles

Fatigue from muscle overuse

Stress, depression and anxiety symptoms

Improves...

Flexibility of joints and muscles

Circulation of oxygen to tissue and organs

Immunity via increased lymph flow

Recovery from strenuous dance classes and performances

Sleep quality, which improves energy and concentration

Promotes...

Relaxation of body and mind

Endorphin release for pain relief

Healthy tissue regeneration

Efficiency of movement for dance