

Shipshewana Clinic
660 S. Van Buren St.
260-768-4333



Millersburg Clinic
501 E Washington St.
574-642-0233

BENEFITS OF MASSAGE

- Promotes relaxation
- Reduces stress and anxiety
- Improves circulation
- Lowers blood pressure
- Enhances immune system
- Relieves muscle aches and stiffness
- Improves muscle and joint flexibility
- Eliminates toxins
- Improves muscle tone
- Promotes deeper and easier breathing
- Improves digestion and elimination
- Promotes healthy skin
- Alleviates discomfort during pregnancy
- Helps relieve tension headaches
- Balances Autonomic Nervous System
- Promotes faster injury/illness recovery
- MASSAGE FEELS GREAT!!!

BOOK YOURS WITH US TODAY!!!