

GERIATRICS

This massage is typically 30 mins. instead of 60 minutes. Providing the following benefits

- *Increased circulation of blood**
- *Increased circulation of lymph**
- *Pain relief**
- *Reduced stress and anxiety**
- *Improved joint range of motion**
- *Personal attention and feelings of reassurance, which lead to a healthier disposition**
- *Improved sleep patterns**
- *Bedsores and other circulatory problems can be prevented by maintaining sufficient circulation**