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## THIS FEBRUARY, FIND RELIEF IN THE HEART-HEALTHY BENEFITS OF MASSAGE

*Six Ways Massage Keeps Hearts Strong and Healthy from Experts at Massage Envy DC-MD-NoVa*

**Washington, DC – (February 10, 2011)** – According to the Centers for Disease Control and Prevention, heart disease is the leading cause of death in the United States, which makes February the perfect time to focus not just on candy hearts, but also healthy hearts. The experts at [Massage Envy DC-MD-NoVA](#) are doing just that by explaining the healthy heart benefits of regular massage therapy.

“Stress plays a huge role in our day-to-day lives and we don’t stop to think about the implications it has on our bodies, minds, and overall health,” says **Winston Moore, massage therapist and the Regional Operations Manager for Massage Envy DC-MD-NoVA, which has 23 locations in the Baltimore/Washington, DC area.** “Massage not only provides time to unwind and clear our heads, but offers a variety of health benefits to improve wellness by reducing stress and directly support good heart health.”

From head to toe, therapeutic massage offers many benefits that directly affect the heart’s function and promotes good health. Massage Envy DC-MD-NoVA offers the following heart health facts about massage to bring you **RELIEF** and keep your ticker in shape for years to come:

- **Reduces Anxiety-** Massage helps lower depression, anxiety, and hostility which contribute to stress and heart disease. Massage also increases the levels of stress-reducing endorphins, which combat feelings of anxiety.
- **Enhances Blood Flow-** Massage reduces heart rate, lowers blood pressure and increases blood circulation all associated with improved health and staving off heart disease.
- **Lowers Hormone Levels-** Massage decreases levels of cortisol, the stress hormone. Although cortisol is necessary to help the body respond to stress, too much can be detrimental. Massage helps the body achieve homeostasis and regulate hormone levels.
- **Increases Relaxation-** Massage reduces the physiological effects of stress by promoting a relaxed state of mental alertness and enhanced capacity to keep calm.
- **Eliminates Toxins-** Massage helps regulate oxygen and important nutrients through the body and aids circulation to remove carbon dioxide, waste products, and toxins.
- **Fights Illness-** Massage increases the number of lymphocytes, or white blood cells, and enhances the immune system’s cytotoxic capacity, or activity level of 'natural killer' cells. Prolonged stress can limit the body’s ability to protect itself from bacteria and infection.

For those new to massage therapy or who have a family history of heart disease, Moore suggests consulting a physician before integrating massage into a wellness regimen. As part of Massage Envy DC-MD-NoVA’s commitment to providing personalized therapy, all massage sessions are customized to address the needs of each client and align with their health background.

### ABOUT MASSAGE ENVY:

Massage Envy is the largest provider and franchisor of therapeutic massage and spa services in the United States. Founded in 2002, Massage Envy has 660 locations in 43 states, with new centers opening every month. In the greater Baltimore/Washington, DC area, there are 23 Massage Envy centers, with approximately 40,000 members. To learn more about Massage Envy DC-MD-NoVA please visit <http://www.facebook.com/MassageEnvyDMnV> or follow us on Twitter @MassageEnvyDMnV.

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