

client corner

continued

good health. She says, "After my regular appointments at Calista, I feel renewed and refreshed. I feel like I have a fresh start every four weeks."

Kristen says it is the people at Calista who make all the difference, from the warm greetings where they know her by name and ask about her life and family, to the individualized care she gets from the spa staff. She says, "I take my skin care seriously. And so do they." Each season her needs for skincare products changes, and the spa staff makes recommendations for her, the results of which she is very pleased.

As a wife, mother of a toddler, and owner of a chain of preschools, Kristen always finds time in her busy life for Calista Grand. She feels blessed to have the flexibility in her schedule that allows her to find time for herself at Calista.

The Benefits of Massage

We've heard about the benefits of massage on your psyche, but the physical benefits are vast, and proven.

Many times people don't know how much stress they're carrying until they have a massage; when they're able to feel it and let go of it. Once you have an awareness of where stress lodges in your

body, you can start to educate yourself and your body, and you reverse a negative cycle. Massage allows muscles to become really elastic, the way they should be.

Studies show how stress factors can cause migraines, high blood pressure, depression, some stomach ulcers, etc. Massage reduces levels of the stress hormone cortisol and can therefore help beat the development of stress related conditions.

Massage increases your circulation by physically pushing blood back to the heart and by causing blood vessels to dilate. Your cells are thereby supplied with sufficient blood and the whole body functions

more efficiently.

Regular massage can increase levels of virus-fighting white blood cells. By keeping the immune system strong, massage can also help prevent everyday infections such as cold and flu, and aid our recovery from illness.

And finally, massage can enhance your skin condition by exfoliating, toning and improving the function of the sebaceous and sweat glands. These glands keep your skin lubricated, clean and cool. Massage can also improve your appearance by increasing your muscle tone and reducing cellulite.

So as you can see, the benefits abound. Give massage a try!

Grand is written and designed by Campbell Graphic Communications 610.486.0466 • cgcdesign@aol.com



Commons of Thornbury
Building 300 • Suite 301
West Chester, PA 19382
610.399.6677
www.calistagrand.com