



## You Need a Massage

At POSH, they believe in order to stay healthy and stress-free it's important to take care of your physical, emotional, and psychological wellbeing as a whole. Massage therapy offers a drug-free, non-invasive, and humanistic approach to wellness based on the body's natural ability to heal itself. Regular monthly massages provide therapeutic relief to people of all ages and all walks of life, from the athlete, to the home gardener, to the over-stressed business person.

One of the most reported conditions when clients seek a massage is stress-related tension. The power of touch increases serotonin and dopamine production to reduce anxiety, depression, and seasonal affective disorder. Massage therapy also increases lymph flow which fights off infections, boosting the immune system. Sufferers of chronic pain conditions including arthritis, fibromyalgia, disc problems, and degenerative joints can find relief after only a few massage therapy sessions. Among the other wonderful benefits are increased circulation, improved range of motion, relief from migraines, and reduced healing time post-procedure.

While there are plenty of massage options available at POSH, the POSH Signature Massage is one of the more popular treatments. Each Signature Massage begins with a sensory journey using the best and most effective Young Living Essential Oils. Combined with a gentle application of warm towels, all your troubles will melt away. Also offered are Swedish, Deep Tissue, Sports, Hot Stone, and Prenatal massage to name a few. If you are looking for the ultimate relief for body aches, pain, and stress, opt for the Four Hand Massage, administered by two therapists. An absolute must!

Book today online at [poshbronxville.com](http://poshbronxville.com) or call 361-1277.