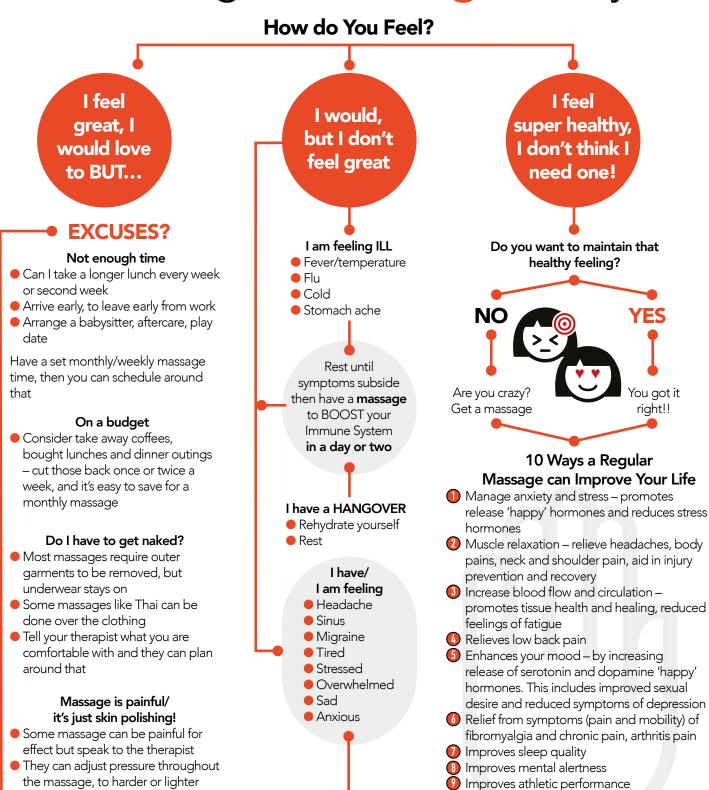
## Should I get a Massage Today?



## Get a MASSAGE

## It's not just pampering luxury, there are REAL HEALTH BENEFITS

The information contained in this article is intended as general guidance and information only and should not be relied upon as a basis for planning individual medical care or as a substitute for specialist medical advice in each individual case. ©Co-Kinetic 2019



You should never feel

uncomfortable



Improved cardiovascular health



