



Equine Sports Massage

Benefits of Massage

- * Enhanced muscle tone and increased range of motion.
- * Assists in balancing the body by treating the body as a whole, rather than each individual part.
- * Reduces inflammation and swelling in the joints, thereby alleviating pain.
- * Promotes healing by increasing the flow of nutrients to the muscles and carrying away excessive fluid and toxins.
- * Creates a positive effect on the contractual and release process of the muscles. When tension is released, muscles relax.
- * Stimulates circulation by "defrosting frozen muscles," thereby releasing endorphins - natural pain killers. Improved circulation also increases the excretion of toxins through the skin.
- * Helps maintain the WHOLE body in better physical condition.

Massages last between 1 and 1.5 hours

Cost: \$50 per visit

*Service only available at B.R.F.

Caroline Johns
Certified Equine Massage Therapist
(216) 375-8132

*Equine massage does NOT replace veterinary care under any circumstance.