

EQUINE MASSAGE

**ARE YOU TIRED, ACHY, AND ANXIOUS?
SO IS YOUR HORSE!**

**DID YOU KNOW THAT 90% OF "ATTITUDE PROBLEMS"
ARE DIRECTLY A RESULT OF BODY SORENESS?**

**LORYN ELLIOTT OF
LOVING HANDS MASSAGE**



**OFFERS VARIOUS MASSAGE AND BODY WORK
TECHNIQUES TO IMPROVE YOUR HORSE'S
PERFORMANCE.**

HOW CAN MASSAGE HELP YOUR HORSE?

MASSAGE:

- * **ENHANCES THE MUSCLE TONE OF YOUR HORSE**
- * **INCREASES RANGE OF MOTION**
- * **RELIEVES TENSION**
- * **RELEASES ENDORPHINS WHICH ARE NATURAL PAINKILLERS**
- * **REDUCES INFLAMMATION AND SWELLING IN THE JOINTS WHICH
THEREBY ALLEVIATES PAIN**
- * **PROMOTES HEALING BY INCREASING THE FLOW OF NUTRIENTS TO
THE MUSCLES AND CARRIES AWAY EXCESSIVE FLUID AND TOXINS
AND JUST PLAIN FEELS GOOD TO YOUR HORSE!!**

269-214-1265