

# Why Canine Massage

Amanda Perriman

Canine Massage Therapy Essex



**Canine massage can be a great way to bond with your dog.**

We often hear about the benefits of massage therapy for humans, but did you know that canine massage can also be incredibly beneficial for our dogs? In this newsletter, we'll explore some of the reasons why canine massage is so valuable for dogs

Canine massage can help reduce stress and anxiety in dogs. Just like humans, dogs can become stressed and anxious, which can lead to a number of health problems. Massage therapy helps to calm the nervous system and promote relaxation, which can help dogs feel more at ease.

*If you're interested in learning more about canine massage and how it can benefit your dog, please get in touch.*

*Fully insured & licensed and certified canine massage therapist.  
Galen trained myotherapist and registered with the IAAT*

# In the comfort of your own home



In addition to reducing stress, canine massage can also help improve circulation and mobility in dogs. Just like us dogs may experience joint pain and stiffness, which can make it difficult for them to move around comfortably. Massage therapy can help increase blood flow to the affected areas, which can reduce inflammation and improve mobility.

Another benefit of canine massage is that it can help improve a dog's immune system. By stimulating the lymphatic system, massage therapy can help remove toxins and waste from the body, which can boost the immune system and promote overall health.

Overall, there are many reasons why canine massage is beneficial for dogs. Whether you're looking to reduce your dog's stress levels, improve their mobility, boost their immune system, or simply bond with them, massage therapy can be a great way to achieve those goals



Amanda Perriman Canine Massage Therapy Essex  
[www.caninemassagetherapyessex.co.uk](http://www.caninemassagetherapyessex.co.uk)  
[amanda@caninemassagetherapyessex.co.uk](mailto:amanda@caninemassagetherapyessex.co.uk)  
07496 511154