



Benefits Of Foot Massage



Improves blood circulation



Reduces muscle tension in the feet



Provides relief from stress and anxiety



Reduces blood pressure when clubbed with reflexology



Lowers the risk of edema



Enables you to better notice and treat foot issues such as bunions and corn

References

1. 13 Amazing Health Benefits of Foot Massage; American Institute of Alternative Medicine
2. Foot massage: The pause that refreshes and is good for you! - The President and Fellows of Harvard College