

# RESTORE SKIN HEALTH

## **Stimulate Blood Flow & Circulation**

Say hello to supple, youthful skin with a little help from your circulation & lymphatic drainage! Massage helps your skin to naturally cleanse & drain, shifting toxins out which results in a brighter complexion

## **Smooth Fine Lines & Wrinkles**

Not only will facial massages help keep your skin firm & perky, but it will also kick collagen production into high gear, giving you that coveted plump look.

## **Sinus Relief**

A facial massage is an excellent way to open up the air passages and alleviate sinus pain and pressure.

## **Tension & Stress Relief**

Daily life stresses can weigh heavily on our faces, especially for those who experience TMJ. Fortunately, a face massage can do wonders to reduce tension & stress levels.



# HELP MANAGE ANXIETY & DEPRESSION

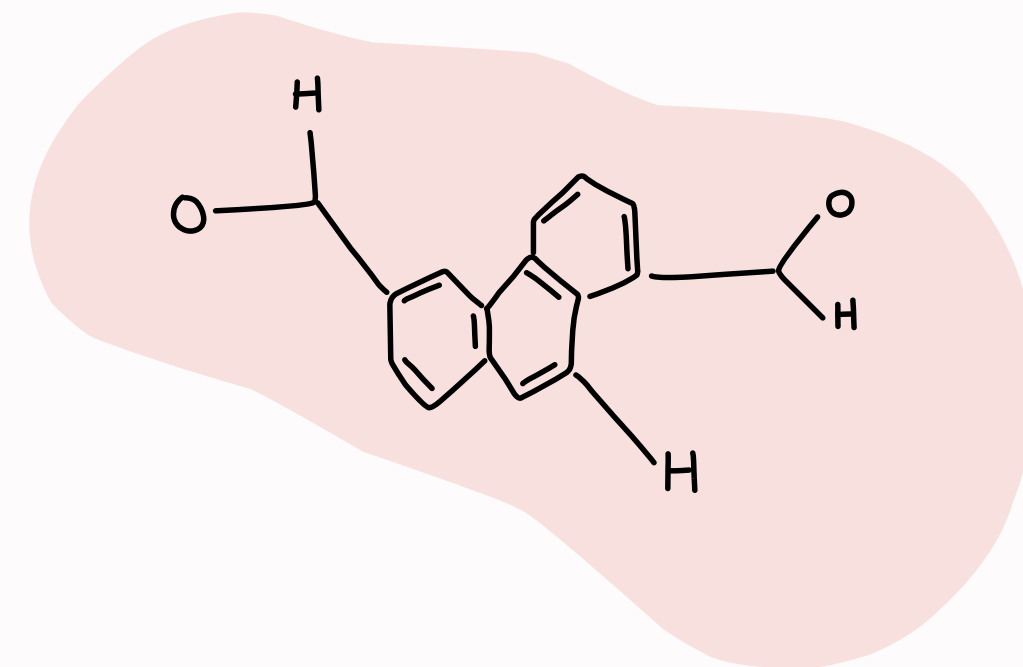
- Reduces levels of the **stress hormone cortisol**
- Results in lifted spirits & **lowers blood pressure**
- Research found massage reduced levels of cortisol by up to **53%**



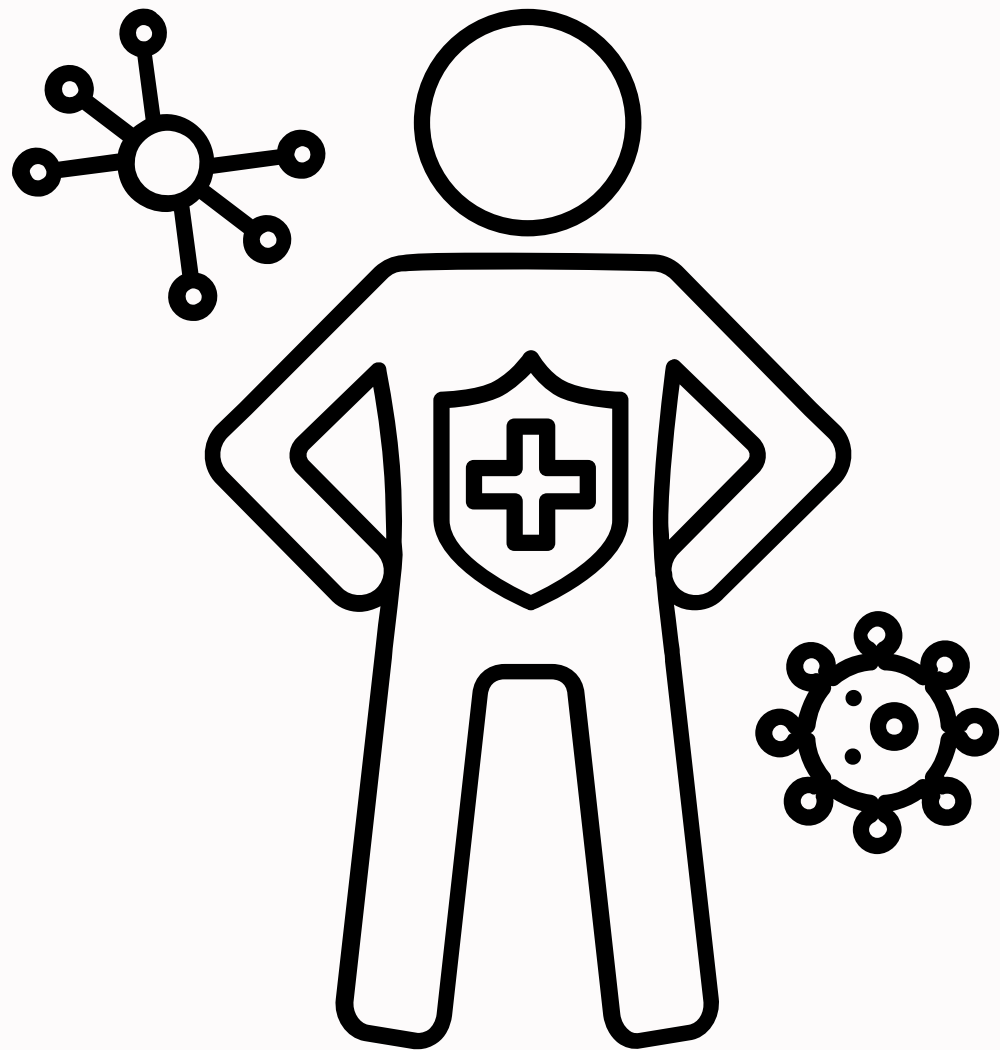
Increases levels of neurotransmitters serotonin & dopamine, which **helps reduce depression**



**Improves mood & behavior** in children with ADHD



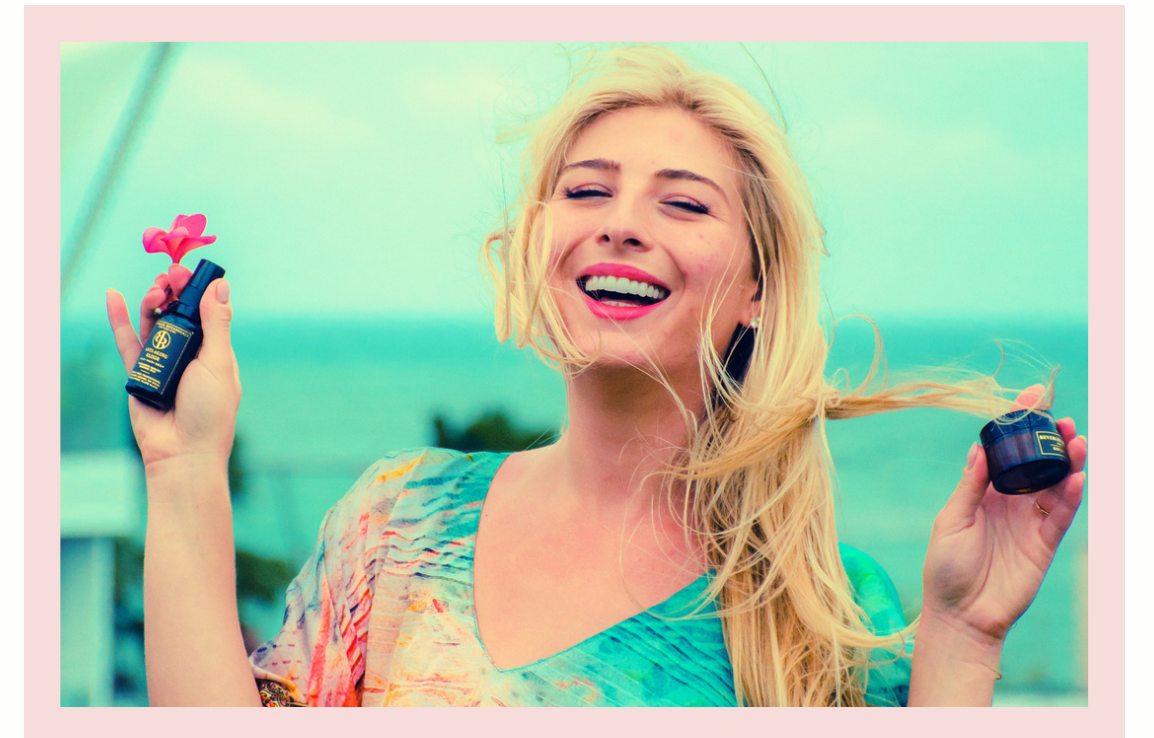
# BOOST THE IMMUNE SYSTEM



## **MASSAGE YOUR WAY TO A SUPERHERO IMMUNE SYSTEM!**

With each knead & press, your body unleashes a powerful army of white blood cells & lymphocytes, the immune system's secret weapon, ready to take on disease & keep you feeling top-notch.

# THANK YOU



Big thanks for diving into this, & hey, has anyone ever told you that you're incredible? Well, you are! So, kudos to you goddess, for taking a step towards a healthier & happier life.

If you're curious about anything, let's have a chat!

Xo  
*Beverlee*

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