

# Three Reasons to add stretch to your programming



1. **Increase Massage Average Ticket by up to 30% or more**
2. **Increased Guest Satisfaction including Net Promotor Score**
3. **Advanced offering, distinguishing your property from the rest**

## Health benefits of stretch:

Stretching has a variety of health benefits, both physical and mental.

- **Boosts Flexibility:** Increases range of motion.
- **Enhances Circulation:** Improves blood flow, aiding recovery.
- **Stimulated lymphatic system:** relieves inflammation, rids toxins
- **Relieves Stiffness:** Eases muscle tension and discomfort.
- **Supports Posture:** Aligns muscles, reducing strain.
- **Reduces Stress:** Encourages relaxation and calmness.
- **Improves Performance:** Enhances coordination and flexibility.
- **Prevents Injuries:** Prepares muscles, reducing strain risk.
- **Enhances Balance:** Strengthens neuromuscular connections.
- **Optimizes Breathing:** Expands lungs for deeper breaths.
- **Speeds Recovery:** Reduces soreness, aiding healing.

## Protocol Implementation:

**Oakworks Tilt Table Models with Stretch Straps:** Britta, Palas and Performalift

## Increase Revenue:

Increase the Average Massage ticket up to 30% or more by dedicating 10-15 mins of stretch in a 50 or 60 minute service. Upsell to 90 minute and increase the Average Service ticket 40% or more!

CEU advanced Course available through [@Teresamatthews10s@gmail.com](mailto:@Teresamatthews10s@gmail.com)

