We put our bodies through a lot—training, running, lifting weights, sitting at a desk all day etc... While we’re familiar with the benefits of breaking a daily sweat, we largely neglect our body’s need for gentle, restorative touch. Here are five things you probably haven’t thought about self-massage.

- **Connect.** Starting your day with a 10 minute self massage can be a great way to center yourself before you connect with the world. An energetic stroke will help wake you up and energize you for the day.

- **Detox.** Accumulation of toxins in the body can cause disease, sluggishness and depressed moods. Self massage is a great tool for stimulating the lymphatic system and flushing out impurities so you can feel energized and ready to engage in your life.

- **Promote Healing.** According to Ayurveda, we all have a life force that flows through our body; a natural intelligence, if you will. Stimulating the body’s energetic channels helps this energy to move more freely within us.

- **Forever Young.** Detoxifying, energetic and balancing effects of massage help to promote a more youthful and vibrant appearance. Soft, lustrous skin is a wonderful gift you can give to yourself.

- **Curb Anxiety.** Self-care starts from the inside. Self-massage is a nurturing act of kindness that helps turn off your inner critic and allows you to relax without judgement.

Whether you just ran a marathon or need a stress-relieving break, Mad Ritual™ has the products you need to show your body a little extra love.