

Consider Massage for Holiday Stress Relief

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If you already are experiencing stress in other areas of your life, you may be especially vulnerable to increased anxiety during the holidays. **When you find yourself stressed, don't overlook how serious the physical problems that can develop as a result.** Let the professionals at [Matrix Spa & Massage](https://matrixmassage.com/) offer some welcome relief to the stress brought on by the holidays.

Effects of Holiday Stress on Your Body

When you juggle too many seasonal responsibilities without taking the time to unwind and relax, **you may be laying the groundwork for serious long-lasting problems.** Whether it's from work, personal problems, or standing in line at the department store, the consequences of stress can last long after the holidays are over. **Repeated stress can lead to:**

- Exhaustion
- Elevated blood pressure
- Back pain
- Moodiness
- Headaches
- Trouble sleeping
- Joint and muscle pain
- Weight gain
- Stomach ulcers

A number of minor health issues such as acne, fatigue, insomnia, and stomach discomfort can also be caused by or aggravated by stress. No one wants that at a time when they want everything to be at its best.

Health Benefits of Massage

Mark Rapaport, MD, the chairman of the department of psychiatry and behavioral neurosciences at Cedars-Sinai Medical Center in Los Angeles reports that **massage does a lot more than make a person feel good**. In a study at Cedars-Sinai, blood tests showed that people who had a moderate pressure [Swedish massage](#) experienced an **increase in white blood cells and decreases in stress hormones, both of which indicate a boost in the immune system**. Light touch treatments produced higher levels of oxytocin, a hormone that promotes bonding, making massage an effective treatment for autoimmune and inflammatory conditions.

It is estimated that upwards of ninety percent of disease is stress-related in some way. While eliminating anxiety and pressure altogether in this fast-paced world may be out of the question, massage can, help manage stress and that translates into enhanced sleep quality, reduced anxiety, improved concentration, reduced fatigue, and greater energy. In short, regular massage leads to a more balanced self and improved health.

Though you have seen it that way in the past, massage is not just a luxury, but also a proven treatment for many medical conditions. **A professional massage therapist can help prevent further injury and dysfunction that may have been the result of an overstressed system.**

Getting a massage as a regularly scheduled form of self-care can play a tremendous role in how healthy you'll be long after the holidays. **Consider budgeting time and money for massage at consistent intervals a gift to yourself as an investment in your health.** Just because massage makes you feel pampered doesn't mean it is any less therapeutic and good for your long-term health. Consider massage appointments a necessary aspect of your overall health and wellness.

Let Matrix Spa & Massage Lower Your Holiday Stress

At Matrix Spa & Massage we offer the kind of massage therapy that is the **perfect answer for the increased demands of the holidays and the stress that comes along with it**. [Schedule an appointment](#) today, or call us at 801-505-9340 and let us be a part of the best holiday season you've had in a long time.