

Give the Gift of Stress Relief this Valentine's Day!

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Valentine's Day is a holiday to celebrate the one you love, but from booking restaurant reservations to choosing the perfect gift, the happy occasion can quickly turn into a stressful whirlwind. Instead, ***why not give your partner the gift of stress relief for Valentine's Day?*** [Massages](#) are the perfect, intimate gift to set the mood for the rest of your romantic holiday, and [Matrix Spa & Massage](#) is here to offer a wide variety of choices for you and your Valentine.

What is a Couples Massage?

Couples massage therapy is a one-of-a-kind experience that has become popular for couples. It is the ideal means to enjoy stress-relief without having to travel or break the bank. ***Visitors reap the same incentives of getting away, but in less time!*** The comfort of the intimate space helps couples reconnect while the stress and anxiety of day-to-day life just dissolves. The [numerous package options we offer](#) make an excellent gift this Valentine's Day!

The first benefit of a couples massage is rather evident: ***it provides both of you the chance to relax while the therapist provides massage therapy strokes specific to the couples' wishes.*** Another benefit is an interaction boost between companions. Many couples report being able to speak even more openly as well as truthfully with their loved one after a couples massage. It gives time for relaxed discussion, which can lead the way for a comfortable union in between both.

Many new to this experience could feel a little bit uneasy, but having your significant other there to offer companionship and solidarity can ***create an experience unlike any other.***

Benefits of Massage

While massages are fun and relaxing, ***they also come with many mental and physical benefits that will stay with you long after your session is over.*** Massages have been proven to:

- Relieve stress
- Increase circulation

- Sooth aching muscles
- Combat anxiety
- Relieve headaches
- Treat sport injuries
- Improve digestion

Types of Massage

Swedish Massage

[Swedish massages](#) consist of sliding and kneading movements, as well as rubbing and vibrations along the body. Additionally, ***your Swedish massage will include joint therapy, which involves the stretching and bending of joints.*** Swedish massages are perfect for relieving joint and muscle pain from sports injuries, pregnancy, or overuse.

Deep Tissue Massage

In a [deep tissue massage](#), your massage therapist will focus on stretching fascia, the tissue that surrounds all of your bones, muscles, nerves, and organs. ***True to its name, a deep tissue massage will massage your body layer by layer to relieve even the deepest of muscle pain.*** After a deep tissue massage, you will find that your posture is improved, your muscles are more flexible, and you have more energy.

Schedule a Valentine's Couples Massage with Matrix Spa & Massage Today!

Make this Valentine's Day the best yet with the help of Matrix Massage and Spa. ***Whether you choose an individual massage or a couples massage, your partner will feel relaxed and rejuvenated after their visit,*** and they will thank you for such a unique and thoughtful gift. Schedule early to ensure you're booked for Valentine's Day; you can [book your appointment online](#), or call 801-505-9340 to book an appointment and learn more.