

Massage for Men in Salt Lake City, Utah

matrixmassagespa.com/service/massage-men-salt-lake-city-utah/

Additional Info:

Many people across the world lead a healthy and fulfilling lifestyle which implies that they do exercises and engage in some form of physical activity regularly. This has led to many people being active and in constant need of good nourishment, both in nutrition as well as relieving stress. To relieve stress, massage for men is important. You, however, need to understand that a massage is more than just a one-time indulgence, but a mood and health treatment option.

We, at [Matrix Spa and Massage in Salt Lake City, Utah](#) understand this. That is why we have [a team of professional massage therapists](#) to give you a soothing and relaxing touch. For men, we have just the right package – the Men's Deluxe Package – to give you the best stress-relieving experience.

Here is What We Offer in the Men's Massage Deluxe Package:



60 Minute Massage

You will get to have a feel of 60 minutes of soothing music as well as a treat of Swedish or Deep Tissue Massage.

The Swedish massage focuses on the light to medium pressure touches that will soothe both your body and mind. This technique is very helpful when it comes to promoting removal of toxins built-up in muscles after an exercise.

Deep Tissue Massage aims at releasing the chronic muscle tension by using slow, more direct, and deeper touch than in the Swedish massage. This kind of massage can locate ingrained areas full of discomfort and slowly works to open them up using slow yet forceful strokes. This massage technique targets deeper layers of connective and muscle tissue, so it is a crucial massage for men with muscle damage.

Salt Body Scrub

Salt body scrub massages aim at getting rid of dead skin cells which, if left unattended to, will become hard. Without the exfoliating salt body scrub massage, the dead cells in the skin will become crusty and stiff. The exfoliation aspect of the massage removes the flaky, dry, dead skin and exposes supple, soft skin.

Additionally, the salt body scrub leaves the pores unclogged and with no dirt which will, otherwise, lead to bacterial build-up on the site. Salt is antibacterial; therefore, this property ensures that it leaves the skin with no bacteria and prevents itchiness.

Private Steam Room

Whether you want to feel rejuvenated or stress-free, ***a treat to a private steam room*** after a great massage is an option you wouldn't want to miss. The steam rooms are responsible for ***opening up the airways and alleviating any form of congestion***, therefore, improving your breathing. The wet heat in your surrounding opens up the mucous membranes all over the body, which helps in relieving stress. This seems to be highly beneficial for those with bronchitis and asthma.

We cannot ignore the impact of steam room on metabolism. We understand that steam rooms play a great role in boosting metabolism and encouraging weight loss. The sweat is also important when cleansing and removing toxins from the body.

Aromatherapy

Aromatherapy massage utilizes ***essential oils*** in its efforts to ensure you get therapeutic benefits. Additionally, the massage is customized in such a way to meet your individual needs. Here, the aim is usually to give relaxing strokes, but the significance of the essential oil with the therapeutic property needed by the patient cannot be downplayed.

The massage therapist should be able to differentiate the various essential oils, and he or she needs to understand how each of these oils affects the body.

Meditation Cave and Light Refreshments

If you are seeking a moment of solitude, then our package – Men's Deluxe – is the right option for you. ***Our Meditation Cave*** has left a mark in Utah for being a destination with complete privacy and utter serenity. Here, you can listen to your favorite music or relax. If you are looking for a perfect environment to work, then our meditation cave will allow you to work in peace for a few hours. After that ***therapeutic massage***, a light refreshment is what you will need to fulfil your dietary needs. Our special package for men is just the right massage combo for you.

Matrix Spa & Massage in Salt Lake City, Utah

Get in touch with our professional massage therapists in Salt Lake City, Utah at Matrix Spa & Massage today, and you will not be disappointed. Give us call at **801-799-4999** to **schedule an appointment** for a massage or any of our other relaxing **services** today. We look forward to hearing from you!

