

7 Holistic Healing Services of Matrix Spa & Massage

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Healing Art of Massage

Optimal health and clarity through the healing art of massage comes from decompressing and quieting the mind to allow restorative healing and re-establish balance. [Matrix Spa & Massage](#) has been providing Salt Lake City with intuitive massage for over twenty years with a dedication to compassionate personalized service to relieve stress and provide centered rejuvenation.

Expert Massage Therapists

Expert massage therapists are caring and can provide a calming touch or dynamic deep tissue bodywork to help you relax, relieve pain, alleviate daily stress and improve your overall wellbeing. Years of experience and academic knowledge ensure positive restorative change through [massage](#). Listed below are the top 7 holistic healing service of **Matrix Spa & Massage**:

- **Reflexology** – Experience the benefits of reflexology of target zones and reflex areas on the hands and feet that reflect every area of your body. **Reflexology is a perfect option for pain relief and decompression.** Stimulating the reflex areas will help your body rest and relax, which in turn will bring peace to your mind.
- **Steam Room** – A beneficial steam room session will calm and relax tension in your muscles and intense sweating will open your pores to flush away impurities. **Steam room therapy is used to boost the immune system by increasing white blood cells and can also be used as an aid in healing injuries and those suffering from respiratory problems.**
- **Infrared Sauna** – Used as an effective tool for prevention and natural healing, infrared sauna therapy provides many advantages for health and anti-aging. **Infrared sauna detoxifying benefits offer pain relief, skin purification, improved circulation and cell health.** You can achieve health and wellness through radiant heat absorbed by the skin during your infrared sauna session at [Matrix Spa & Massage](#).
- **Cupping** – **Cupping is utilized to treat pain, swelling, muscle tension and deep scar tissues in muscles and connective tissue.** The targeted area of your skin is drawn into a cup by creating a vacuum and is kept in place from five to fifteen minutes. Traditional Chinese medicine believes cupping dispels stagnant blood and, as a result, improves blood flow. Please contact [Matrix Spa & Massage](#) for

more information.

- **Ionic Foot Bath** – By helping rid the body of harmful accumulations of toxins and heavy metals, an ionic detox foot bath is a natural method to help reduce fatigue and stress in your body. ***With benefits like reducing inflammation, internal cleansing and detoxifying of the liver and kidneys; this therapy will help balance your pH level and boost your immune system.*** *Please be aware that this service must be [reserved at least 24 hours in advance](#).
- **Essential Oil Massage** – [Matrix Spa & Massage](#) has decades of study and practice in the art of intuitive massage therapy and aromatherapy. ***The application of essential oils used in sports and deep tissue massage incorporates warmth, relaxation and pain relief to tired, overworked muscles.*** Your experienced massage therapist will select the most effective essential oils for your specific needs.
- **On-Site Chair Massage** – A visit from a fully licensed, insured and trained massage therapist from Matrix Spa & Massage to your home, office or special event will help ease tension and boost productivity. ***Chair massage promotes well-being and vitality by relieving stress during high-stress periods.*** Your wellness program can use [professional massage](#) as an incentive or reward to instantly better the workplace and improve employee morale.

Who Benefits from Holistic Healing?

A professional massage isn't just a form of pampering; it is recognized by many to be an important form of healthcare. ***Holistic healing with massage can help health conditions like pain management, migraine control or as an important part of injury rehabilitation.*** Matrix Spa & Massage offers specialized massage proven to help improve both physical and mental health and wellness.

Matrix Spa & Massage

[Julieta Hernandez](#), founder and owner of [Matrix Spa & Massage](#), created a comfortable and relaxed environment promoting health and wellness earning her the 2016 Salt Lake City Small Business Excellence Award. ***Our serene, sanitary facility offers a wide variety of services including Swedish massage, hot stone massage, facials, couples massage, Thai massage and specially designed pregnancy massage.*** [Click here](#) for spa packages and massage coupons in Utah, or [contact us](#) to schedule your appointment today.