

A Facial Massage Gives You These 10 Wonderful Benefits

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If you're tense, overworked or just looking for a special treat to brighten your day, consider the benefits of facial massage. It's a form of massage therapy that not only feels good but is good for you. Here are 10 facial massage benefits that can be yours. Skip the chemical treatments, injections, and procedures. Don't wait any longer to give your face the present it's been hoping for!

Relaxation Replaces Tension

Nobody has to that modern life is stressful. Still, you may not realize how much tension you've been carrying until it melts away in the hands of a massage professional who knows how to stimulate those critical pressure points. The benefits don't end when you walk out the door. Massage improves sleep and staves off depression as well.

Chase Headaches Away

Tension causes headache, but facial massage can reduce the severity and frequency of these, including tension headaches, cluster headaches, and migraines. Massage that includes the neck and shoulders relieves neck stiffness as well.

Breathe Freely Without Congestion

Are stuffy nose and mucus buildup your problem companions? The warmth and light pressure of massage promotes the drainage you need.

Driveaway Toxins

The environment and your facial products can build up toxins, but massage stimulates the lymphatic system to flush them away. That reduces facial puffiness and redness and is good for your entire body as well.

Open up Pores and Improve Circulation

Pollution and a harried lifestyle make your face puffy and pale, but massage brings oxygen to the surface to promote that healthy skin glow.

Skip the Facelift

Rather than an injection or invasive procedure, take off the years with massage therapy for the face. It stimulates collagen production in a natural and healthy way.

Banish Acne

It's another benefit of the improved circulation you get from massage. Send pimples packing the drug-free way by flushing out the toxins that cause them.

No More Dark Circles

Undereye bags result from age, stress and sleep loss, and no one wants to see them in the mirror. They're often due to water buildup, and massage can reduce unwanted fluids.

Wave Bye-Bye to Wrinkles

Tight facial muscles lead to wrinkles, and so often it's that old villain stress that's at the root of things. Massage relaxes muscles, and the right moisturizer works with it to give you a double win.

Smooth Skin Without Injections

Again, facial massage is a natural way. Massage's collagen-boosting power keep skin firm yet elastic so it can protect itself from sagging and wrinkling.

Salt Lake City, Matrix Spa & Massage Is the Place to Visit for a Facial Massage

It's a great relaxing treat for your head, neck, and shoulders, and it's accompanied by our special cleanser. Julietta and her staff have helped customers feel refreshed and rejuvenated for over 20 years. We offer more varieties of message than any other establishment in Utah. Our therapists average over eight years of experience and we offer a 100 percent satisfaction guarantee. Contact us to schedule the moments of refreshment your face has been waiting for. Check our coupons for massage specials.