

# Benefits of Massage During the Summer

[matrixmassagespa.com/benefits-massage-summer/](https://matrixmassagespa.com/benefits-massage-summer/)



Ahhh! Summer is finally here! It's time to ditch the old routine and do those things you missed during the winter months. Picnic by the pool, play in the park with the kids, hike a new trail, or tackle a much-needed home improvement project. Don't forget to schedule vacations and family visits, too. **Wait! What about you? Don't forget to take a breather and relax with the help of a [massage](#) from [Matrix Massage](#).** Let the Best [Salt Lake City massage therapists](#) show you the mental and physical benefits of massage and a full line-up of [relaxing services](#).

Here are just a few of the many reasons you should make time to get a [massage](#) (or several) this summer:

## Recover from Increased Physical Activity Faster

Longer days and sunny weather invite you to participate in all sorts of physical activities, from mowing the lawn to running that 5K. Stuffing as much as possible into the longer days tends to result in **overworked, sore muscles**. Let our experienced massage therapists **boost cell recovery and reduce inflammation to minimize aches and pain as your muscles protest the increased use**. Visiting Matrix Spa & Massage through the summer will **keep your muscles limber to reduce the chance of injury**.

## Combat Swelling in Joints and Limbs

**Heat and humidity are not kind to your body. Swelling in joints and limbs** is common due to the static accumulation of fluids. By increasing blood flow, the body is able to rid itself of built up fluids. Massage just happens to **help increase circulation**. When your body is able to keep up with weather changes and your level of activity, the circulatory system does its job with ease. Summer heat and humidity tax that system. One of our specialty services known as lymphatic massage works by pushing fluids through the body. **As fluids move, they take the built-up toxins with them, offering you relief from swelling and discomfort.**

## Clear Your Head and Release Stress

While stress isn't connected to one season, the addition of outdoor activities and family vacations just adds to life's daily stressors. Keeping up with the kids and all of their summer plans overwhelms the best parents out there. Slow down, clear your head, and **release tension** with just one massage session. **Taking time to let go**

*and relax can help you recharge for the next round.*

## **Take a “You” Break**

**Summer months tend to put you on the fast-track** . It seems like a never ending cycle of driving to the park, the beach, and sports practices, not to mention family bike rides and camping trip preparations. Even if there are no kids in the picture, the spike in activities you tend to get yourself into usually wipes you out. *Experts figure approximately 80 to 90 percent of disease is stress-related. **A massage at Matrix Massage can increase the body’s release of endorphins, which relieves pain naturally and produces an almost euphoric sense of well-being.***

## **Receive the Benefits from a Summer Massage**

Summer may never be quite what it was when you were eight, and it felt like it would last forever. Now that you are one of the adults, you realize how tired you end up, both mentally and physically. **Matrix Massage** is here to bring you back into yourself when the summer gets to be too much. **We have a deal through the month of June which offers 20 dollars off any regularly priced massage.** It’s not our only special! Check our website to see **how our services can help with the craziness of summer.**