

Craniosacral Massage in Salt Lake City, UT

matrixmassagespa.com/service/craniosacral-massage-salt-lake-city-ut



Additional Info:

- Duration: 90 Minutes
- Intake & QA: Massage times include 10 minutes of Intake, QA, and wrap up
- ps_meta_robots_enabled:

[Request an Appointment!](#)

100% Satisfaction Guaranteed

Is your life stressful? Do you have headaches or neck and back pain? Trouble sleeping? Maybe it's time to consider the benefits of craniosacral massage. If you've been disappointed with other treatments, or simply don't know where to start, talk to the experts at [Matrix Spa & Massage](#). We've been helping folks in Salt Lake City for 20 years, and we offer more types of massage than anyone else in Utah.

We'll help you decide if craniosacral massage or another one of our [therapeutic services](#) is best for you.

What Is Craniosacral Massage?

As the name suggests, craniosacral massage treats the spinal column all the way from the skull, or cranium, to the sacrum at the base of the spine. It's a gentle process, and it's non-invasive, working only with the therapist's hands on the body's surface. In particular, it's concerned about the craniosacral system, which is made up of membranes and cerebrospinal fluid. The massage promotes the circulation of that fluid and protects the entire central nervous system. If the bumps, bruises, and stress of daily life have led to compression in the spine, the bones may not be aligned the way they should. This massage can restore them to their proper position and reduce dysfunction, pain and stress. Craniosacral massage can be used alone or in conjunction with other massage and therapy.

What Are the Benefits of Craniosacral Massage?

It's especially useful in treating migraines, which often lead to stress and to lack of restful sleep. Craniosacral massage can relieve neck and back pain. If you have tightness in the temporomandibular joint (TMJ), where the jaw meets the skull, you might be a candidate for this treatment. In fact, ***any aches and pains that result from poor posture or spinal misalignment might call for this massage.*** There have been reports of relief in serious conditions such as fibromyalgia.

A lot of people don't realize how much tightness they've been carrying in the head and neck until they experience stress melting away during a session. If you're one of the tens of millions of Americans who suffer from migraines, know that your fellow sufferers have reported fewer headaches and better sleep even weeks after treatment. Reduced headaches, lowered stress and adequate sleep lead to happier, more active lives and even enhanced relationships.

Is Craniosacral Massage Right for You?

If these benefits will improve your life, it can be. But there are many other types of massage and therapeutic treatments. [Julieta Hernandez](#), the founder of [Matrix Spa & Massage](#), has been helping folks heal since the mid-1990s, and she and our Massage Team can help you determine which of our offerings you will benefit you the most. We don't just massage your back; we offer an [entire suite of services](#) including therapeutic body treatments, facials, spa packages, and steam and meditation rooms. We're conveniently located in downtown Salt Lake City, and our clients include professional athletes, federal judges and CEOs. Our [Matrix Massage Team](#) has an average of eight years experience and we offer a 100 percent satisfaction guarantee. [Contact us](#) to learn how we can make your body a happier one.