

# Everyone Deserves a Massage Week (July 16-22)

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'Everybody deserves a massage week' is a tradition that has been there for the last 22 years , this year's week of giving to the community will be from **July 16th-22nd** this month. Guess what your favorite spa **Matrix Spa & Massage** in Salt Lake City will be doing during the weeklong event? As an attractive massage spa in Utah, **we believe that everyone should get a massage and that is why this year we are glad to be giving out our services to the less fortunate.**

If you're not sure whether you need a massage, here are 7 reasons why you should reconsider:

## 1. Getting a Massage Releases all the Tension from Day to Day Stress

Being stuck in the office all day can be tough, but with a massage, it is possible to **correct the imbalance from bad posture and restore your body**. Getting a massage will help **relax** your body muscles and hence **neutralize all the built up tension** in your body. Therefore you need to **treat yourself** once in awhile with a great massage to restore your body to its optimum state.

## 2. Massage Can Help Ease Muscle Pain

Muscle pain is not only disturbing but also excruciating; it usually occurs when pressure is exerted to the muscles, resulting in pain in the muscle areas in the body. But the good news is that with a great massage that will be a thing of the past; it instantly **improves blood circulation and eases your pain**.

## 3. It Soothes Anxiety and Depression

Life is full of ups and downs, and sometimes we can't help but get stressed up. Getting a good massage is an **excellent stress reliever** hence another reason you should book your space now. **Research indicates that people who get regular massages have fewer stress levels** as compared to those who have never had a massage.

## 4. Massage Promotes Good Sleep

Did you know that ***if you get a massage, you will be able to sleep well***? Well, this is one great benefit of massage. If you are among those people who have restless nights to enjoy a great night of restful sleep, you should consider getting a massage soon. It also ***helps patients undergoing chemo and radiotherapy sleep well***. ***Infants also benefit from massage*** as it makes them more ***relaxed*** and hence ***boosts their sleeping patterns***.

## 5. It's Good for Your Skin and Body

The benefits of massage are good for your body because it ***reduces tension in the muscles***, ***increases blood circulation***, and ***improves joint mobility***. A great massage goes a long way in the ***healing of soft tissue injuries***, and even ***improve one's skin tone*** significantly.

## 6. Massage is a Great Boost for the Mind!

The phrase everything starts in the mind is also true with massage; a clear mind is a useful tool. Getting a massage ***relaxes your mind*** hence giving you a ***sense of calmness***, a ***feel good attitude due to the hormones released*** during the massage. It helps to lower anxiety levels and enable you to ***think clearly and make sound decisions*** even in stressful situations; massage is the ***best therapy to program your mind*** adequately.

## 7. Finally, You Deserve It

After a tough week or month, ***you surely deserve to treat yourself to a great massage and indulge yourself in the good feeling that comes with it***. Giving yourself an opportunity to feel good ***improves your health and mind***, and hence ***improves your productivity*** both at work and home.

## Join Matrix Spa and Massage in Salt Lake City, Utah for 'Everyone Deserves a Massage Week'(July 16 – 22)

Feel free to come and experience our ***massage services*** at ***Matrix Spa & Massage*** located in Utah and experience the ***best massage in Salt Lake City!*** We have ***several coupons and packages*** designed just for you to make getting a massage easy! Visit ***Matrix Spa & Massage*** this week and feel the difference in massage. Give us a call at ***801-799-4999*** today!

## Comments

comments