

How Massage Can Help Tension Headaches and Migraines

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Intense headaches that can occur on one side of the head or both sides can be very debilitating. When you have tension headaches and migraines, they can last anywhere from a few hours to a few days. The throbbing and pulsating pain of a migraine or the mild to moderate pain that feels like a tight band around the head which is more common with tension headaches can be relieved by massage therapy techniques for headache.

Tension Headache Massage Therapy

Research shows that massage can be an effective therapy to relieve tension headaches, especially when emotional or mental stress are contributing factors. Stress can cause a tightening of the muscles in the scalp, face, neck, and jaw. Maybe your tension headache is being caused by the anxiety of missing a deadline at work, family situations that have caused sleep problems or even being depressed. Life challenges can cause physical reactions like jaw clenching, eyestrain, and muscle tension that can prompt a tension headache.

A tension headache massage has been found to reduce the intensity and the duration of tension headaches by reducing emotional symptoms such as depression or anxiety. If you're wondering where to massage for a headache that is most likely a tension headache – the perfect spots for treating tension headaches with massage therapy are:

Muscles of the neck located at the back of the skull

The side of the head and behind the ears

The temples and the forehead

Migraine Relief Massage

Massage therapy can be used as an all-natural, alternative treatment to manage the pain of migraine headaches. It has been found that the relaxation of the muscles and the reduction of stress that comes with a plan of regularly scheduled migraine massage can be very helpful. There are many migraine massage techniques that can be used to reduce the pain associated with migraines. You may have to try a few different options to find which type of head massage for headache treatment is right for your situation.

Reflexology Massage – *applying different pressures to points in the feet, hands, and ears*

Active Massage – using either Deep Tissue Massage or a Swedish Massage for maximum relaxation of body muscles

Cold Stones – the coolness can reduce pain and promote healing of injured tissue

Shiatsu Massage – Japanese massage technique that uses acupressure to reduce headache pain

Massage uses the principle of “touch” and “pressure” therapy in multiple ways to rub, press, knead, stroke and tap the muscles of the body. These methods have always demonstrated the ability to relieve physical tension and emotional stress, while also improving blood circulation throughout the body. When a migraine headache occurs, it is only natural that the person will become tense and emotional. ***There is a direct relationship between this muscle tension and the prolonged experience of migraine headache pain.***

Your massage therapist will help you to relax which means your blood vessels relax and send more oxygen-rich blood throughout your body. The entire process is natural and can be used in addition to other therapies or treatments prescribed by a medical doctor.

Contact Matrix Massage & Spa for Tension Headaches and Migraines

Visit us at Matrix Massage & Spa in Downtown Salt Lake City, Utah. Our trained and experienced massage therapists work to release stress in your life and can help you find the right massage therapy to help tension headaches and migraines.