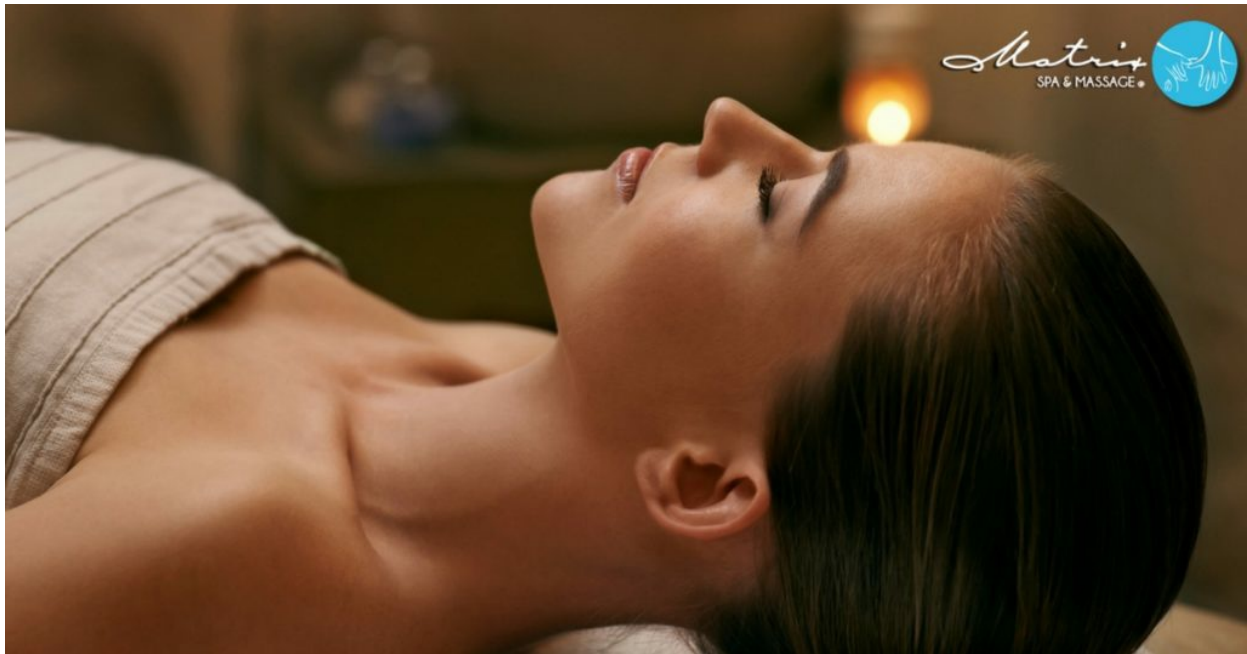


How Often Should You Get a Massage?

 matrixmassagespa.com/how-often-should-you-get-massage/



Daily massage is beneficial for optimum health. *Massage is relaxing, improves circulation, and helps remove toxins from the body.* There are different styles of massage, such as Swedish, Shiatsu, and Rolfing. These styles can vary in intensity from light massage, massage that concentrates on acupuncture pressure points, to deep-tissue, intensive massage.

Consultation with a professional massage therapist will help with the decisions about the styles of massage that are appropriate for each individual, the intensity of the massage, and the suggested frequency for the most beneficial results. *Here are some tips that help a person learn the benefits from a regular massage program:*

Massage for Stress Relief

Massage is an excellent way to calm down and let go. The intense stress that we all experience just going through our daily routines can be trapped within our muscles. For example, when we work in front of a computer for a long time or frequently talk on a mobile phone, we put the body in a position that can generate strains on our muscles.

These strains cause muscles to get tight and may cause pain if they are not released. Over time, muscle strains from bad posture or repetitive positions that are held by the body may cause other problems with a person's skeletal structure and nervous system.

Massage for Health Issues

First of all, if there is a health issue, especially serious one, a person should consult with a healthcare practitioner before starting a massage program. After receiving proper advice from a physician, the next step is to consult with the massage professional. *Many health conditions are good candidates for the relief that is possible through regular massage.* Common examples include chronic neck or back pain and circulatory problems.

The U.S. National Institutes of Health (NIH) also reports that research studies show that massage is helpful for those with anxiety, mental health issues, cancer, Fibromyalgia, headaches, HIV/AIDS, and immune system disorders. Massage is useful in infant care and perhaps is helpful for autism. Massage may be indicated to help with recovery from heart surgery, to improve glucose levels for those with diabetes, and may help with asthma relief.

One important recommendation from the NIH is to work with a professional, licensed massage therapist. Each state in the U.S. has a license bureau for massage therapists, which offers information about the current license status of any practitioners in the state. Check with the state authority to determine if a specific massage therapist is properly licensed.

Massage as Part of an Exercise Program

When exercising, there is a build of a chemical called lactic acid that stays within the muscles. This is the source of muscular pain and discomfort that arises usually within 24 hours of the exercise routine. By having a sports massage that concentrates on releasing the lactic acid from the muscles, pain is reduced and the recovery time for the muscles to be ready for more exercise is shortened. *Massage allows faster and less painful physique improvements as a result of an exercise program.*

Massage to Improve Mood

There is no other requirement needed to benefit from a massage, except simply wanting to feel better. Everybody feels better after a light-to-medium level of massage. That great feeling causes natural endorphins to be released in the brain. *Endorphins are the brain chemicals that make us all feel better.* This is also the reason why massage is helpful for those suffering from depression.

For More Information

More helpful information is available from the National Center for Complementary and Integrative Health (NCCIH), PubMed®, and MedlinePlus.

Contact Licensed Massage Therapists at Matrix Spa & Massage in Salt Lake City, Utah Today

Everyone can benefit from a regular massage program. It is important to take care of one's physical self in order to feel better and to maintain good mental health.

Matrix Spa & Massage is the #1 massage therapist in the Salt Lake City area providing comprehensive services. Contact the spa today for an appointment by email at matrixlmt@yahoo.com, by telephone at **801-799-4999** or with an app that allows the use of a mobile device.

Matrix Spa & Massage is located at 533 S 700 E Salt Lake City. Complimentary parking is available in a secure, private parking lot. Contact our experienced and licensed massage therapists today to schedule an appointment!

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