

# How our Massage Packages can Help Prevent the Symptoms of a Hangover

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In grade school, St. Patrick's Day is all about what you are wearing. We all know that if you show up to school without any green on, you run the risk of getting pinched. Beyond that slightly odd tradition, this holiday conjures up images of leprechauns chasing after pots of gold and people hoping for a bit of the "Luck o' the Irish." For the adults celebrating St. Patrick's Day, there may be some drinks involved as they spend the evening with friends. Before you go out and party, consider getting a massage to reduce the severity of a hangover.

## Here are four ways a massage can help you prep your body for a night celebrating all things Irish.

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### 1. Rub Away the Tension

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A hangover can leave your body tense. This tension leads to aches and general discomfort. A good massage can relax your muscles and soothe that tension away. This, in turn, leaves you better equipped to go on with your day.

### 2. Soothe Your Scalp

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Another common side effect of having too much to drink, on St. Patrick's Day or on any other day of the year, is a painful headache. Headaches are often caused by putting unnecessary strain on your neck muscles by having poor posture. Addressing this issue before having a couple green beers, can reduce the severity of hang over headaches. There are few things that feel better than a good scalp massage, especially when you're dealing with a headache. A therapist's fingers massaging your forehead, scalp, and neck can make a huge difference in how you feel.

### 3. Boost Your Immunity

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Did you know that massage has actually been shown to boost your body's immunity to illness? Before your hangover starts, give your immune system a boost. This is especially beneficial since drinking too much alcohol can leave your immune system weakened. If you're already feeling crummy after your holiday celebrations, the last thing you need is to catch that bug that's going around the office. Do yourself a favor and protect your body against disease by getting a massage beforehand.

### 4. Calm an Upset Stomach

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Finally, consider some light massage on your stomach area if you're experiencing discomfort in that area. Abdominal massage can help improve digestion, improve the blood supply to organs in this area, and stimulate the liver, gall bladder, and pancreas to allow the release of waste products. If you have a habit of celebrating St. Patrick's Day with a bit too much gusto, a massage is a great way to prep your body in order to get back in top shape as fast as possible. Massage can relieve muscle tension, soothe an aching head, boost your immunity, and calm your stomach. Of course, the best way to avoid that hangover is to simply not to drink too much in the first place. Should you choose to drink, please do so responsibly.

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