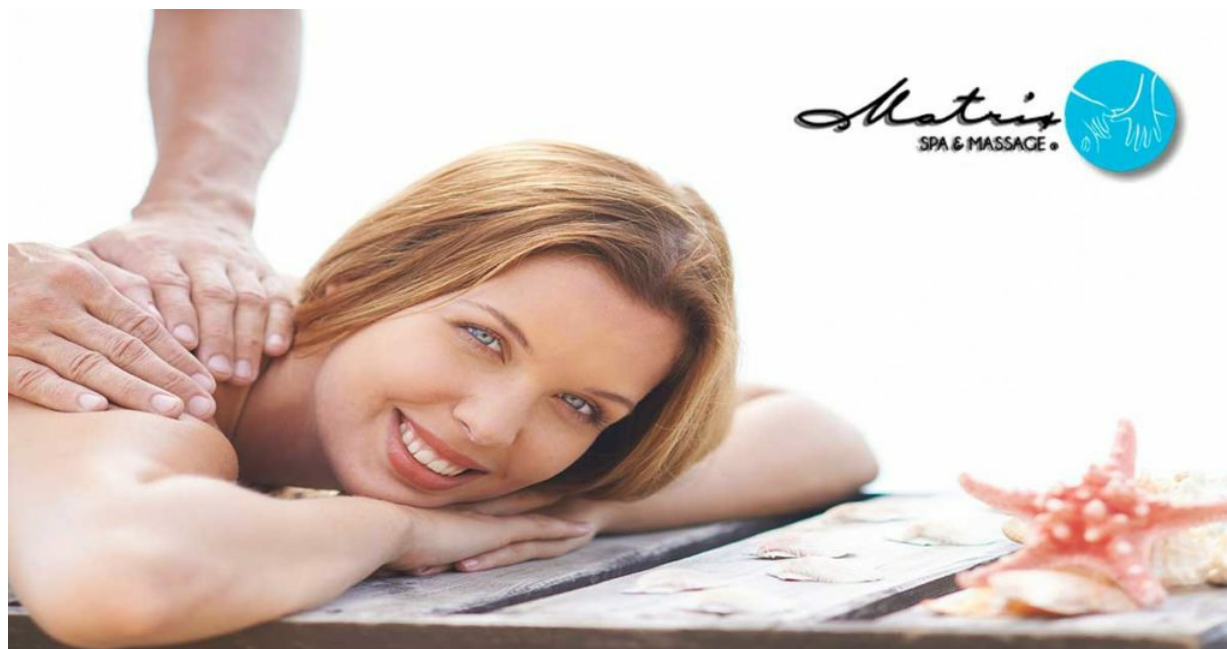


Reasons to Enjoy a Summertime Massage

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You know all about the pleasures of summer, but ***what about the seasonal pains?*** We're talking about the way your shoulders ache when you spend too much time swimming or playing in the water with your children or grandchildren. What about the neck cramps and stiff joints that come along with long vacation flights? If you enjoy summer sports, you know the discomfort of shin splints and tennis elbow. You may also feel your back complain after an intense hike or mountain biking session.

You want to enjoy an active lifestyle while the weather is accommodating, and the massage therapists at [Matrix Spa & Massage](#) want to ***ease those seasonal pains so that you enjoy the warm weather to the fullest.*** You're welcome to come visit any of our locations when you're ready to indulge in the following benefits of a summertime massage.

A Professional Massage Can Ease Summertime Sore Muscles

Whether you're spending more time tending to the rose garden or the kids insist that you push them on the swings every evening, ***your muscles notice when your daily activity level increases.*** Your body was designed for movement and you'll enjoy many health benefits as a result of your active summer, but painful muscle soreness can easily slow you down.

A massage will help reduce that sore sensation while calming muscle spasms and cramps that often come with overuse. ***This is just what your muscles need to recover quickly so that you can bounce back from a high-intensity day or week and move forward to your next summer adventure.*** If you're a runner enjoying the summer charity events or an athlete, then you have even more reason to pamper those muscles so that they can keep up with your productive training season.

Routine Massage Can Alleviate Common Side Effects of Stress

It seems like long summer days should leave you exhausted and ready to crash for hours of deep, rejuvenating sleep. Unfortunately, ***many people experience their fair share of stress and restlessness despite the beautiful***

weather. We're talking about the tension headache that surfaces out of the blue as energetic children run through the house screaming and the pressure you feel trying to track down a babysitter so that you can get just a couple hours of housework accomplished.

Scheduling a massage at least once a month will [decrease your stress level](#) while improving your quality of sleep and stimulating more energy so that you can keep up with your summer obligations. You may even notice that it's easy to focus at work when your muscles receive the attention that they desperately need. ***Not only can massage release endorphins that boost your mood and ease pain, but it can lower your blood pressure and clear your mind.***

Stiff, Swollen Legs Find Fast, Natural Relief in the Hands of a Skilled Massage Therapist

Do you tend to avoid your sandals and flip flops since your ankles get puffy in the summer? ***You may even feel stiffness in your legs as your lymphatic system tries to control water retention and swelling that can occur naturally as a result of hot weather.*** You can make sure that you're drinking enough water, but a massage is what you really need to reduce the swelling and get those sandals out of the closet.

Clear time in your schedule for a [Swedish Massage](#) or a [Deep Tissue Massage](#). Book routine [sports massages](#) to support your muscles during this intense training season. You may even want to treat someone special to an impromptu [couple's massage](#). It's the perfect way to escape from the kids and bring some romance back into your world. [Book your appointment](#) today and let Matrix Spa & Massage help you enjoy your summer!