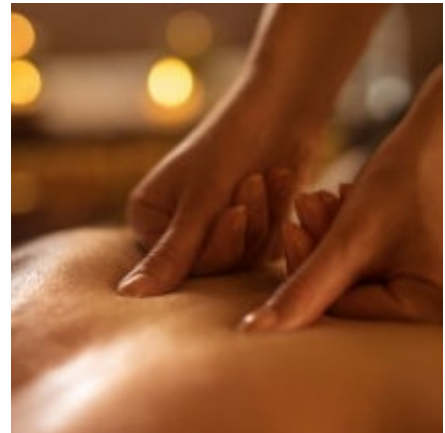


# Shiatsu Massage in Salt Lake City, Ut

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[matrixmassagespa.com/service/shiatsu-massage-salt-lake-city-ut](https://matrixmassagespa.com/service/shiatsu-massage-salt-lake-city-ut)



## Additional Info:

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- Duration: 90 Minutes
- Intake & QA: Massage times include 10 minutes of Intake, QA, and wrap up
- Service Amount: \$135

### [Request an Appointment!](#)

100% Satisfaction Guaranteed

Everyone has stress in their life and it is important to take a comprehensive approach to health and wellness. This means massage therapy, such as Shiatsu Therapy. Anyone who is looking for Shiatsu Massage Therapy in Salt Lake City, Utah should look no further than [Matrix Massage & Spa](#). Our professional, experienced, and caring therapists will tailor each and every session to meet the individual needs of the client. Our professionals spend a lot of time honing their skills to serve everyone who walks through our doors in a compassionate way. When it comes to Shiatsu SLC, there are a few important points to keep in mind.

## What is Shiatsu?

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Shiatsu means “finger pressure” in Japanese. During this type of massage, Shiatsu therapists use firm pressure and muscle manipulation techniques using not only fingers, but also elbows, knees, and feet. This pressure is placed along the specific points of your body, called meridians, to release tension. Shiatsu has become popular in the Western world over recent years.

The principle behind shiatsu is related to the energy flow, known as Ki or Qi (pronounced chee), through your body. According to shiatsu therapists, disruption to this energy flow can cause illness and disease.

Shiatsu practitioners believe that the therapy stimulates the circulation of your blood, helps to release toxins and tension from your muscles and stimulates your hormonal system. This is believed to help the body heal itself.

If you're ready to feel your best, contact [Matrix Massage & Spa](#) today at 801-799-4999.

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## The Benefits of Shiatsu Massage Therapy

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There are a number of benefits that come from Shiatsu Salt Lake City. Some of the benefits that everyone should remember include:

**Relaxation:** One of the most important benefits of a Shiatsu massage in our clinic is that it allows every to relax. Everyone leads a busy life that has numerous obligations that might be tough to balance. This can create a lot of stress that everyone can (temporarily) leave out our doors when they walk into our clinic.

**Recovery:** Many people invest in massage therapy for recovery purposes. Those who exercise regularly, particularly competitive athletes, can have a significant amount of lactic acid buildup in the muscles that can lead to knots and inhibit performance. Allow us to work through those kinks and help with the recovery process.

**Circulation:** Massage therapy has also been shown to improve circulation. This helps the body flush out toxins that might have accumulated while also making sure that oxygen and nutrients flow throughout the body to the various tissues.

## Why Trust Matrix Massage & Spa

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There are several reasons why so many people have already come to rely on the services of Matrix Massage & Spa. Some of these include:

**Green:** We are a green spa. This means that we operate all of our functions and provide our services with the environment in mind. We want to minimize our carbon footprint.

**Experience:** Our team of professional and licensed massage therapists has more than 20 years of experience. We put this experience to work for all of our clients with each and every session.

**Community Service:** We also give back to the [community](#) that has given us so much. We do not take the trust, commitment, and loyalty of our clients lightly. For this reason, we strive to give back.

**Availability:** Our spa is capable of handling a dozen massage sessions at the same time. This means that it is easy to schedule an appointment and we can even handle parties!

Contact Matrix Massage & Spa Today to Make an Appointment!

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Anyone who is looking to schedule an appointment for a Shiatsu massage should [contact Matrix Massage & Spa](#) today. Our compassionate, skilled massage therapists would be happy to help you and your family. Our spa has received numerous awards over the years including *Best Massage*, *Best Magic Fingers*, and *Best Deep Tissue Masseuse* from a variety of outlets. We would be honored to show you why. [Call us today](#) to learn more!