

6 WAYS MASSAGE THERAPY IMPROVES HEALTH AND HAPPINESS

MASSAGE / JANUARY 31, 2018 / RELAX THE BACK / LEAVE A COMMENT

If you have ever gotten a massage before, then you are familiar with the post-massage feelings of satisfaction, clear mind, and relaxed body. While these are great benefits of [massage therapy](#), there are many more that go well beyond relaxation.

Getting regular massages can be life altering. Studies continue to show that maintaining a regular massage routine can have a tremendously positive impact on your overall health and wellness.

Be your best physically, mentally, and emotionally with these benefits:

- **Better Sleep:** It's no secret that getting enough [sleep](#) is vital to your overall health and wellness. Massage therapy is extremely helpful in improving your ability to fall asleep and stay asleep by reducing pain and stress hormones.
- **Increase range of motion and flexibility:** [Massage therapy](#) works on connective tissues, ligaments, muscles, and joints to keep your joints more fluid while reducing risk of injury.
- **Relieve headaches:** Do you suffer from chronic headaches and migraines? Massage can help ease the pressure and pain of headaches while reducing the frequency and chance of getting one.
- **Promote relaxation:** Reduce anxiety and stress through decreased levels of the stress hormone, cortisol, while feel-good hormones, serotonin and dopamine, are increased.
- **Improve circulation:** With regular massage, oxygen and nutrients are kneaded through soft tissues and vital organs, thus improving your circulation.
- **Relieve pain:** Massage therapy can also be just as or more effective than medication and acupuncture treatments. By relaxing tense muscles, our [massage products](#) can alleviate back, neck, and all-around muscle pain.



Now, imagine coming home to your own personal masseuse. We understand it can be difficult to find time to visit a massage therapist. Having a [massage chair](#) in your home allows you to indulge whenever you want. From Swedish to Shiatsu to traditional style massages, you can have personalized comfort and relaxation when you need it most. All it takes is a few minutes a day to feel the immense benefits. Quiet your mind. Soothe your body. Feel blissful comfort in your own home.

While the reasons for getting a massage can vary from medical reasons, to relaxation, to a special indulgence while on vacation, incorporating regular massages into your health regimen has a positive impact on your health and wellbeing.

Visit your local [Relax The Back](#) location to test out our [massage chairs](#) first hand. We will help you find the perfect chair to meet your specific needs. Ask our associates about our 48-month financing options on select massage chairs.

