

Cure Summer Aches and Pains with Therapeutic Massage



It is only natural that we are more active in the summer than in the winter months. The sun is shining, the weather is enjoyable and we are simply more prone to getting out of the house. It is as if our bodies come out of hibernation. It does not mean that you have to run a marathon – if you do, great – but if not, summer activity can mean just simply walking more, golfing or playing softball. However, is your body ready for your summer activity? If not, you most likely will have some aches and pains after your fun. Regular massage therapy will help prepare and heal your body from aches and pains.

It's in Your Blood One of the main reasons for soreness after any activity is due to blood flow. When your muscles are overworked, your blood becomes restricted from the area. A massage will loosen your muscle tissue allowing your blood to flow freely to the stressed area. This helps heal your muscles and the tension your muscles hold, helping to eliminate soreness.

Get Rid of Acid Build Up Also when you are exercising more, you may experience muscle cramps, soreness or even muscle weakness. If so, lactic acid may have built up in your muscles. Therapeutic massage after your activity will help to relieve the acid and provide some much needed pain relief.

Relax Your Mind Often when you experience pain, your mind is stressed as well trying to cope with the pain your body is enduring. By treating your aches and pains with therapeutic massage, you'll help relieve stress in your mind. Massage releases endorphins that naturally relieve pain, and without pain, your mind will be at ease.

There are numerous benefits to therapeutic massage, for both mind and body. Getting a regular massage will help increase the amount of nutrients in your muscles and relieve your pain faster. It's summer, who wants to be in pain? Contact your local Elements Massage™ studio to start your regular custom massage sessions. [Find your studio online at www.elementsmassage.com](http://www.elementsmassage.com).

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