

# Massage Therapy Relaxes Muscles

Not only do tense muscles cause knots and pain in their respective areas in the body, they can create a chain reaction that spreads, making the ability to reduce pain nearly impossible.

Massage plays an important role in training the body how to relax. Not only will massage therapy help relax internal muscles through deep tissue techniques; it can also help individuals become aware of their daily stress levels. Once the body recognizes what true relaxation feels like, the mind can then easily recreate it before stress becomes chronic and damaging. Having this relief from stress can enhance our ability to cope with and enjoy life.

With deep tissue massage, the massage therapist focuses on deeper tissue structures with intense pressure to release chronic muscle tension and ultimately relax the body.

## Relaxed Muscles Benefits

- Reduces pain that results from tense muscles
- Aids in relaxation
- Relieves muscle tension and stiffness