

# Benefits of Couples Massage Tukwila

## What is a couples massage?

This is a massage for two that has real benefits for physical and mental health, as well as health in relationships. Ultimately, the [couples massage Tukwila](#) is a shared experience - a massage for two people at the same time in the same private room, but on two separate massage tables and is performed by two masseurs. At the same time, massage therapists will begin to coordinate the treatment of the couple.



## Couple Massage Tukwila

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Couples massage can be a great way to enhance the mental and physical benefits of massage. While it is common for couples to massage Tukwila as part of a romantic day - say, with a spouse, boyfriend, or girlfriend - it's also okay to choose this procedure with a friend or other loved one.

Couples massage is an increasingly popular way to celebrate Valentine's Day or Presidents' Day holiday weekend. At the blue lotus spa (this is us) we offer the extra feature of couples massage Tukwila.

## So why choose a couples massage?

### Bonding relaxation

When you give a great massage, your body releases oxytocin, the "love hormone" that creates feelings of affection and love. When you do a couples massage Tukwila, it means that love is literally in the air (and in the bloodstream). Increased affection is one of the biggest benefits of couples massage.

### Avoid from unhealthy food

For example, going out to a restaurant on Valentine's Day usually involves a few weeks in advance (or the risk of going inside), a fixed menu (at a higher price for the holiday) and a few glasses of champagne or something. The rest is carbonated. If that works for you, that's great, but if you're worried about following a special diet (are you doing intermittent fasting too?), Traveling after three glasses of said champagne, or overpaying to eat something in a crowded restaurant. You can opt for a massage instead. For couples. In fact, massage is good for you, so you can safely celebrate your special day.



Perhaps you are a supporter of Mari Kondo - or perhaps you, like many others, prefer the value of the choice of activities and experiences over material objects when the inconvenience outweighs the cost. Couples massage is a great way to avoid clutter and one more. Thing's environmental impact.

## Tips for creating a great couples massage Tukwila experience at home.

Let's say you're planning a romantic Valentine's Day at home. And you have decided on the [couples massage Tukwila](https://www.bluelotusspa.net/couples-massage-tukwila). What do you need to do to get the most out of your experience?

### Food and beverage delivery

Massage is an incredible way to relax, reduce stress and, in a couples massage, strengthen your bond. Complete your personal paradise by either stocking up on delicious treats and drinks ahead of time, or having your Valentine's Day meal delivered to you. (If you're on a budget, home delivery can also help you save on price.) If you're wondering if you should eat and drink before or after a couples massage Tukwila, most therapists recommend treating yourself to a meal. And (especially) drinks after massage.

### Choose the right space

Choose a private room that has space for both massage tables (with Couples massage Tukwila will bring tables and massage supplies if you don't have them at home), and also enough room for therapists to move around.

Since you will be lightly dressed during the massage, if you control the temperature in the room, you can raise the temperature by a few degrees. Close the windows if necessary.

## **Make a mood**

You will be covering your eyes for most of the massage, but the bright overhead light can still get in the way. Turn off the overhead light - if you have dimmers, dim your room lights about halfway down.

Therapists usually add their own music to the massage, but you can of course play your own music if you like. If necessary, it is helpful to tell therapists where the exits are.

Some scents, like lavender and vanilla, can help you relax. If you have a scented candle or diffuser that you've wanted to try for a long time, now is your chance.



## **Choose us**

Take this opportunity and write your first couples massage Tukwila. We will be honored to receive your first massage with us and be confident that you will not be disappointed. For more visit our website [Blue Lotus Spa](http://www.bluelotusspa.net).