



## Couples Deep Tissue Massage

Contact Us:

[www.eastpearlmessage.com](http://www.eastpearlmessage.com) | (626) 244-6067



### **Everything you need to know couples deep tissue massage.**

If you have taken couples deep tissue massage, you know about this massage's health benefits. However, if you have never taken couples deep tissue massage, then you should take it.

If you have deep pains and sores in your body, your body demands couples deep tissue massage to relieve pain. In [Couples Deep Tissue Massage](#), deep pressure is applied with the help of hands, fists, knuckles, and elbows. Your therapist will use deep pressure on the trigger points of the body. If you want your specific muscle to be treated, tell your therapist. Your therapist will provide special attention to that muscle of your body.

During a couple's deep tissue massage, you take massage and your partner in the same spa, in the same room but on the different massage tables. Two therapists will be there for you and your partner. Hence, you do not need to share the attention of your therapist with anyone. Instead, your therapist will primarily focus on you.

If you do not know about couple's deep tissue massage, I will tell you about it.

### **What is a couple's deep tissue massage?**

A couple's deep tissue massage will realign the deeper layers of your muscles. In couples deep tissue massage, the therapist will apply strokes against muscle grain (most of the time). As a result, the speed of the strokes is slower with high pressure than other massages.

The result of the couple's deep tissue massage is more intense than other massages. It will remove pain, tension, and stress from your body muscles. You will find a new you after the massage.

Slow but deeper strokes applied during couple's deep tissue massage helps your body break muscle knots that cause pain, reduced range of motion, and circulation. With the help of deep pressure, the tension releases from the body resulting in better circulation and range of motion.



## Couples Deep Tissue Massage

Contact Us:

[www.eastpearlmassage.com](http://www.eastpearlmassage.com) | (626) 244-6067



### When should you take couples deep tissue massage?

In everyday life, any person can take couples deep tissue massage. However, it is mainly used as a therapeutic massage to treat some muscles and health problems. There are some health problems which couples deep tissue massage can cure. These are the following:

1. Severe pains in the muscles of your body.
2. Osteoarthritis
3. It can treat the injuries of muscles. For example, as an athlete, you can take couples deep tissue massage for your muscle's damages.
4. Sciatica
5. Couples deep tissue massage can also treat muscle spasm effectively. It will also help you to release your muscle tension and provide you relief.

**Caution!!** Do not opt for [Couples Deep Tissue Massage](#) without your doctor's permission if you have any severe health problems. Always ask your doctor for taking this massage. You can also ask your therapist about it that whether this massage is suitable for you or not.


There is another precaution that you should follow is that you should tell your therapist about your health. So, he must be careful during the massage, and if the couple's deep tissue massage is not suitable for you, he could stop you.

### What should you do before and after taking couples deep tissue massage?

Following are the things which you should follow before and after taking couples deep tissue massage. These are very important if you want to feel all the advantages of this massage.

6. If you are booking your couples deep tissue massage, try not to eat heavy meals before the massage. Do not drink plenty of liquids before the massage. Heavy meals will disturb your stomach. As we have said earlier, deep tissue massage involves deeper pressure, so your body will not feel comfortable during the massage if your stomach is trying to digest a heavy meal. You may end up vomiting, which you do not want to do during your massage.


7. To gain most of the advantages of couple's deep tissue massage, you should be relaxed. Try to come to the massage center earlier than the specified time to not be in a hurry to fill the paperwork or grab the atmosphere at the spa.
8. After a couple's deep tissue massage, drink a lot of water (only water, not any other liquid like tea, coffee). The water will help your body to remove toxins. If you find inflammation on any part of your body after a couple's deep tissue massage, ask your therapist about it. Most of the therapist recommend rubbing that part with ice cubes.
9. You may also feel soreness in your body after taking a couple's deep tissue massage, do not worry. It will fade away in some hours or one or two days.



## Couples Deep Tissue Massage

Contact Us:

[www.eastpearlmassage.com](http://www.eastpearlmassage.com) | (626) 244-6067



### Why choose us?

If you want to take couples deep tissue massage, contact [EAST PEARL MASSAGE](http://www.eastpearlmassage.com) now.