

# Why do Massages Feel Good



## Deep Tissue Massage Tukwila

Contact Us:

[www.bluelotusspa.net](http://www.bluelotusspa.net) | (425) 528-2410



Massages feel wonderful because they release endorphins like runners' high into the body. The brain also releases oxytocin, a natural chemical that lowers pain and can function as an antidepressant. Massages can also feel good, similar to a feeling of good contact by friends or family as a chemical response to contact.

### The Endorphin Rush

The organism reacts in so many ways to the world around it! Endorphins respond naturally to something excellent for the body. Endorphin surges can be caused by thrills like ruts or cliffs or fat-burning activities such as jogging or swimming. Not only that but also endorphins are freed up to assist control various kinds of pain. You can even get a burst of endorphins from highly hot meals! Massage offers you the same sense of "pleasant pain" as well as the increasing circulation of the painful muscles.

### Knotty Muscles!

When the protein and lactic acid build up, knotted muscles might cause blood flow discomfort. Massaging knotted muscles helps free up blood flow and supplies oxygen to areas of the muscle that have never been sufficient previously. Not only does it feel fantastic since the discomfort causes endorphins to release, but it also increases the circulation and causes the inflammation of the muscle. Therefore, certain massages behind and shoulder might "hurt so well"!

### The Human Element

Emotional well-being requires a human touch. Clumps, shaking, and even snuggling are all in their class of springs of endorphins. In addition, interpersonal contact has been shown to decrease stress, increase mood and improve health. So for physical as well as emotional wellness, massage is vital!

### Top 5 pros of Deep Tissue Massage Tukwila

You probably heard that the number one go-to massage for injuries, a respite from pain, and sports are deep fabric massage. Studies indicate that back pain is the top cause of lost work and that low back pain is the most important factor. So it is no wonder that Zama is our most popular [Deep Tissue Massage](#) Tukwila treatment!



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We know that our customers appreciate the Deep Tissue Massage Tukwila. Therefore, we want to share the advantages of Deep Tissue Massage Tukwila with you today that could surprise you.

### 1. Improved Blood Pressure.

Deep Tissue Massage Tukwila affects mental stress and bodily tension with great force and control. Many people experience a decrease in blood pressure following a massage. Besides stress and stress alleviation, Deep Tissue Massage Tukwila also raises serotonin, the hormone that gives you happiness.

### 2. Increased Muscle Strength and Flexibility.

The Deep Tissue Massage Tukwila technique extends muscle fibers manually, which enhances flexibility. Contracted and steep muscles both limit the reinforcement and circulation of athletes and non-athletes. Help your muscles relax and reach the finest outcomes to enhance or build strength. The body is prone to weakness and damage due to the contracted, overused and underused muscles. We advise the frequent massage of deep tissue since it increases muscular balance and flexibility.

### 3. Better Sleep.

We all know that the rest of a good night promotes more clear thinking, healing, recovery, and improves health. Sadly, too many adults receive insufficient sleep. Sleep deprivation leads to several health issues. Nutrition and practice are important for a good night's rest, but thorough massage of tissues has increased sleep quantity and quality.

### 4. Weight Loss.

We adore that one! We love that one! Deep Tissue Massage Tukwila has been shown to lead to better fat metabolism and decrease. Take an excess fat massage in the area and break the fat reserves and make it suitable for absorption into the body. Massage of the deep tissue promotes lymphatic flow and circulation, which also helps to cleanse and lose weight. In addition, massage can help decrease fat and body weight, a healthy exercise program, and a natural diet for entire foods.

### 5. Emotional Healing

Many describe emotional release, a major cry, mental and energy transformation, and profound bodywork. Not only in our minds and memories but also our bodies, our past events and traumas preserved. Massage may assist in release not only physical pain but also mental suffering. If this

happens, you don't have to fear that you are over-exposed or out. Massage therapists are educated to keep their customers comfortable and secure to free and cure



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### Why choose us

We maintain great privacy and protection standards and wish to give our consumers a healthy and enjoyable environment. Finally, they come to rest, and we'll provide you a fantastic time at the massage facility. For more information, visit our website [Blue Lotus Spa](http://www.bluelotusspa.net)