

## Massage Marketing Content Club Articles, Recipes & Tips



This list does not include Seasonal & Holiday articles.

### Package 1

1. What Kind of Massage Should YOU Get? Types of Massage
2. 10 Reasons Why You Should Book A Massage Today
3. Common Health Problems: What can Massage Do for YOU?
4. Massage for Back Pain Relief
5. Using Essential Oils in Massage
6. Recipes & Tips: Daily Quick Stretching!
7. Recipes & Tips: Self-Care Tips for Getting Better Faster!

### Package 2

1. I've Never Tried Reflexology – What Can I Expect?
2. What to Expect from a Massage Session
3. All About Massage Cupping
4. The Benefits of Prenatal Massage
5. All Inclusive – Everyone Is Welcome Here!
6. Recipes & Tips: Three Tips to Quiet Your Mind

### Package 3

1. Should Massage Hurt?
2. Which Is Better, Massage or Stretching?
3. The Top Three Thai Massage Myths — Busted!
4. Trigger Points and Muscle Knots
5. Massage Away That Exam Stress
6. Recipes & Tips: Strengthening Your Core

## Package 4

1. 5 Reasons Why You Should Never Feel Guilty Getting a Massage
2. The Importance of Skin-To-Skin Contact
3. What is Ashiatsu Massage?
4. Is Massage Therapy a Medical Expense?
5. The Beauty of a Body Scrub
6. 10 Ways to Fit Regular Massage into Your Budget
7. Recipes & Tips: Green Smoothies, Spa Products Recipes

## Package 5

1. Why Sticking with One Massage Therapist Will Get You Better Results
2. Understanding Migraines
3. Self-Care – Looking After Yourself Between Massages
4. 5 Massage Myths Busted
5. Massage and Your Mental Health
6. Recipes & Tips: Summer Foot Scrubs and Soaks
7. Recipes & Tips: Top 5 Mood Boosting Activities You Can Do On Your Sofa

## Package 6

1. What to Do When You Are Too Sick for A Massage
2. Massage Those Regular Headaches Away
3. Getting Deep Into Your Fascia
4. 10 Massage Fun Facts
5. Could Massage with Oil Help Treat Restless Leg Syndrome?
6. Recipes & Tips: Stretching Videos, Aromatherapy Blends, Tips for Stressful Situations, Healthy Eating Tips

## Package 7

1. What's The Difference Between A Good And A Fantastic Massage Therapist?

2. How Massage Can Help Fibromyalgia
3. The Questions You're Too Embarrassed to Ask Your Massage Therapist
4. Make Your Next Event Special with Chair Massage
5. Taking Time Out – Just for You!
6. Recipes & Tips: Do it! Delegate it! Dump it! for Self-Care

## Package 8

1. Massage: Don't Wait Until You Need It!
2. Massage Therapy vs. Chiropractic: Do They Work Together?
3. Massage for Older People–The Benefits of Touch
4. Getting a Massage When You're Transgender
5. Autistic People Love to Get a Massage Too
6. Recipes & Tips: Dry Body Brushing, Great Ways to Start the Day

## Package 9

1. How Often Should You Get a Massage?
2. In-Office Massage – why it's good for employers, too.
3. Why do we ask for a Client Intake Form?
4. Massage for Babies and Children
5. Reflexology for Kids
6. Recipes & Tips: Looking for a Way to Get More Veggies into Your Life?
7. Recipes & Tips: Yoga moves you can do at work without attracting attention.
8. Recipes & Tips: Did you know? Fun Massage Facts

## Package 10

1. How often do you REALLY need a massage?
2. How to Get the Most Out of Your Massage Session
3. Help – I've Got A Plantar Fasciitis!
4. The Benefits of Pre-Event Sports Massage Therapy
5. Can A Massage Help with Digestive Problems?
6. Recipes & Tips: Aromatherapy for Winter Blues

7. Recipes & Tips: Ten Minute Relaxation Tips
8. Recipes & Tips: Cold feet? Here are a few exercises to warm you up!

## Package 11

1. Spa Massage Therapy in Your Home? Book a Party!
2. Can You Have a Massage If You're Having Cancer Treatment?
3. Why you can't afford NOT to get a massage
4. The Power of Relaxation
5. Recipes & Tips: Five Headache Triggers You Might Not Expect
6. Recipes & Tips: Teas That Will Warm A Cold Winter Day
7. Recipes & Tips: Nuts About Nuts?

## Package 12

1. Massage for a Sore Jaw – TMJ
2. Massage: Is It for Trades People and Construction Workers?
3. Why Massage Therapy Can Give Athletes a Competitive Edge
4. How Does Reflexology Work?
5. Recipes & Tips: A Drink for When You're Exhausted
6. Recipes & Tips: Motivational Quotes for When You Think You've Had Enough
7. Recipes & Tips: Which Essential Oils Can You Use in Pregnancy?