

# **Why A Massage Makes the Very Best Gift**

Massage might be something that's always on your to-do list, but there are some people who just never seem to get around to me-time, and they need to know the restorative powers of a good massage session.

If you're looking for a gift for someone who seems to have it all, or even just someone close to you that needs spoiling, here's why a massage is the best choice for a gift!

## **It shows that you've put a little thought into the gift**

You could wander around the gift selections in stores or just order something online, but if you treat a friend or a loved one to a blissful massage, it says "I really thought about you, and I thought you needed a massage."

Flowers and chocolates can be uninspiring, even if we all enjoy them, but for a truly unique gift, search for a massage treatment that your recipient will adore. If they have had massage before, why not give them a type they've not experienced; a hot stone, Reiki or Thai?

## **It might be the nudge somebody needs towards trying massage for themselves**

Some people have never had a massage, and it's people like that who need one the most, so why not think of their wellbeing and find them a lovely, relaxing massage center local to them? They might have thought massage wasn't for them, or that it's something people treat themselves to on spa trips, but once you've introduced them to the joy of massage, they'll be hooked. Everyone loves massage; some people just need to try it.

## **Everyone needs a little time out**

Some people never seem to make time for themselves. Everyone is too busy. Treat someone special to the gift of paid-for me time, and give them a massage voucher so that they can have an hour, at least, where they don't have to put everyone else first.

One of the best gifts that you can give anyone is time. Why not give someone who's eternally busy the gift of time out. Some space to breathe and disconnect from everyday stresses? An hour or so of blissful quiet and relaxation could be the best present anyone gets this year!

## **It shows you care for their health**

Massage is the gift that keeps on giving, the option that says you really do care for someone's health and wellbeing. It gives the recipient a healthy dose of happy hormones, promotes movement and increased flexibility, and eases aches, pains and stress. What better way to treat someone?

The ideal gift shows that you really care - well enough to want to make someone happy, rather than handing over something expensive and overpriced that you saw in the store and took a fancy to. A voucher to book a massage will result in a big smile and it ticks all the boxes. And there's one more thing we haven't mentioned...You get to go along if you book one for yourself at the same time!