

Make This Valentine's Day Special with Massage Therapy

It's come around again, and it doesn't matter how long you've been with your partner, spouse or significant other, Valentine's Day is the day that you get to spoil them just a little bit more, just for the sake of it.

If you want to go a little further than the standard roses, candies or chocolates, why not spoil your lover with a treat that will serve them well long after the Valentine's displays have been taken down in the mall?

It doesn't matter if you're spoiling a male or female partner, massage is the gift that anybody appreciates. Valentine's Day isn't the time for a sports massage, even if they are sporty – you want to relax them and give them a massage or body treatment that gets those warm and fuzzy feelings flowing. It's been proved by study after study that a massage is a great way to boost feel-good feelings by increasing the release of a hormone called oxytocin. Helpfully, increased levels of this hormone have been shown to increase feelings of social bonding, just what you need when you're feeling romantic.

Massage also helps to increase the production of serotonin and dopamine, two more feel-good chemicals that are responsible for feelings of wellbeing. You could opt for a couples' massage, or just treat your partner to a session on their own where they can fully relax – a delicious, scented aromatherapy massage perhaps, with an oil blend created specially to relax – or uplift. The options are endless.

If you're looking for another reason to treat someone special to a massage, think of their heart health! Massage is great for hearts – it can help to reduce heart rate and is good for blood pressure too. Massage has even helped people following cardiac surgery - it's known to reduce pain, muscular tension and anxiety.

If you are free and single, why not give yourself the gift of touch on Valentine's Day too? It's all about the self-care; a massage session is the perfect way to honor your body and give yourself some relaxation time. Massage therapy gives you a chance to get properly blissed-out and let yourself feel nurtured and cared for by the therapist. It's also a fabulous way to beat everyday stress and take care of yourself the way you deserve to be taken care of.

This Valentine's Day give someone a gift they'll really appreciate; a massage session.

