

## Massage Therapy In Corpus Christi

Corpus Christi, Texas is called the "Sparkling City By The Sea" and it truly does live up to its name. Corpus Christi is a great place to live or to visit. So, whether your stay in beautiful Corpus Christi is for a business trip, a convention, an sea-side vacation, or a complete family relocation you might find you want a massage. Massage in Corpus Christi is widely available from independent State Licensed Massage Therapists, Licensed Massage Establishments, and several assorted Day Spas.

Massage in Corpus Christi is an experience that is tremendously enjoyable and something you'll want to repeat over and over. Whether your goal is to completely relax with a slow, soothing massage, relieve muscular pain and chronic tension, have a more comfortable pregnancy, or improve your sports performance Massage Therapists in Corpus Christi can help you achieve your goals. In fact there are several types of Massage in Corpus Christi. The most commonly offered massage techniques in Corpus Christi are:

Swedish Massage - relaxing massage using gliding strokes, kneading, friction, and striking strokes along with gentle stretching and rocking.

Deep Tissue Massage - massage of the deeper musculature and connective tissue to release chronic tension and pain. It's often a firmer massage that is appreciated by many.

Sports Massage - massage to assist the athlete in preparing for and recovering from sports events.

Trigger Point Therapy - targeted pain relief using specific pressure to release painful knots in muscles.

Myofascial Release - release of restricted connective tissues which limit movement and cause pain.

Prenatal/Pregnancy Massage - massage for the mother-to-be helping her to decrease pain and discomfort throughout the pregnancy.

Neuromuscular Therapy - advanced pain relief targeting specific trigger points in muscles, tendons, and attachment sites.

However, in addition to the more commonly practiced massage techniques your Corpus Christi based Massage Therapist might also practice some other well known massage therapy techniques:

- Craniosacral Therapy
- Medical Massage
- Acupressure
- Ortho-Bionomy
- Natural Reflex Therapy
- Muscle Energy Technique
- Aromatherapy Massage
- Reflexology

You might even want to try a special treat when you get a massage in Corpus Christi like Couple's Massage where a couple can receive their massage together in the same massage room with two massage therapists. The Couples Massage can be the same relaxing massage for each member of the couple, or the massage therapists can use different techniques for each. For the true massage therapy enthusiast some Licensed Massage Establishments and Day Spas offer Four Hand Massage, or Tandem Massage, where you can be massaged by two massage therapists at the same time. Four Hand Massage is an incredible feeling and very therapeutic.

Massage in Corpus Christi is also very convenient to receive. Massage in Corpus Christi is available on an incall basis at a Massage Therapist's office or clinic, in a Licensed Massage Establishment, or in one of many conveniently located Day Spas. Massage in Corpus Christi is also available on an outcall basis in your Corpus Christi area home, office, or hotel. No matter where you are in Corpus Christi a great massage is just minutes away.

So what's stopping you from feeling better today? Massage in Corpus Christi is relaxing, stress reducing, pain relieving, and performance improving so get one today...you'll be glad you did!

## About the Author

[MassageSoup.com](http://MassageSoup.com) is a worldwide directory of Massage Therapists. Find [Corpus Christi Massage Therapists](#) or other [Texas Massage Therapists](#)

