

Massage Therapy In Sacramento

Did you know that you can receive a Hawaiian Lomi Lomi massage in Sacramento, California? Not only can you receive a Lomi Lomi massage you can also receive Shiatsu and other forms of massage in the State capital. So, if you haven't done it already you should put getting a massage in Sacramento on your list of things to do. Whether you go to Sacramento for a business trip, an unforgettable vacation, or a family relocation you will want to receive massage therapy. Massage in Sacramento is widely available from independent Certified Massage Therapists, Massage Establishments, and a number of Day Spas.

Massage in Sacramento is something that is 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 Sacramento can help you achieve your goals. In fact there are several types of Massage in Sacramento. The most commonly offered massage techniques in Sacramento are:

Lomi Lomi - a relaxing, flowing style of massage from Hawaii using long, broad caressing strokes. It's a stress busting massage that's part of an ancient healing system.

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 experienced clients.

Shiatsu - a Japanese technique of massage that targets specific pressure points to relieve pain and improve the flow of vital energy.

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

Aromatherapy Massage - a very relaxing and therapeutic massage incorporating the benefits of both massage and essential oils for an incredible effect you're going to love.

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

Lymphatic Drainage Massage - specifically used for decreasing swelling and edema as well as improving the circulation of the body's lymph. It's detoxifying and some think it improves the immune system too.

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

Sports Massage

Myofascial Release

Medical Massage

Acupressure

Neuromuscular Therapy

Hot Stone Massage

You might even want to try a special treat when you get a massage in Sacramento like Couples Massage where a couple can receive their massage together in the same massage room with two massage therapists. During the couples massage each member of the couple can choose to receive a different massage from that of their partner. Or, for the true massage therapy enthusiast some 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.

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

So what's stopping you from receiving the benefits of a great massage? Massage in Sacramento is relaxing, stress reducing, pain relieving, and performance improving so get one today.

About the Author

[MassageSoup](#) is a worldwide directory of Massage Therapists and Bodyworkers. Find [Sacramento Massage Therapists](#) or other [California Massage Therapists](#) on MassageSoup.

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