

## 8 – How massage relieves tension related headaches

We know the stress and strain of everyday life can get the best of most people. Many clients come to us with complaints of solid, pounding pain in their temples and across their forehead. Others complain of pains in their neck that leads up the back of their head. In each case, migraine headaches are often the result. For those who suffer from headaches and pain caused by stress and tension Pampering You provides you with a solution.

Stress cannot always be avoided, but it can be alleviated through regular massage that helps teach you the art of relaxation. Our professionals will lead you to a relaxing room, dim the lights low, put on some relaxing music in the background and take you to a world where pain and stress don't exist! The world you create, through massage, is personal, and your own escape. You can learn to use this escape anytime, anywhere, over time. Once you have mastered the art, headaches and stress-related tensions are alleviated and often, will disappear completely!

Not only will you get a break from stress-related headaches, your whole body will learn to love the relaxing feel of gentle kneading, rolling, and massaging of the skin which loosens muscles, increases circulation to your brain, and helps your skin look radiant and youthful! What more could you ask from a headache cure?