

4 – How massage relieves stress

The phone is ringing off the hook, you feel strung out at work, you are under a tight deadline, and you feel yet another one of those headaches coming on. How do you enjoy life when it seems like just one more thing after another? Stress is just another part of life, but it doesn't have to rule yours.

If there was a way for you to calm the pounding and ringing in your brain that has you bouncing from one side of the room to another, would you try it? How much do you have to punish yourself before you realize that you deserve something more?

Pampering You can help – professional massage therapy works with your body to aid relaxation, lower the amount of impact stress has on your body and reduce the tensions that can lead to long-term health problems. At Pampering You, we offer a calm, rejuvenating atmosphere to help your mind, and body, relax.

Relaxation is a natural and necessary part of good health, so we encourage your body's natural healing processes through therapeutic touch massage, hot stone massage, reflexology and Swedish massage. We match the massage treatment with your needs and body requirements so that you get the most out of your time, and your experience.

We guarantee that after just one massage you'll feel relaxed, stress-free, and peaceful, and ready to come back for more!