

The Back & Neck Relief Center MASSAGE REVOLUTION

This Valentines Day, Boost Self-Confidence With Massage Therapy



Massage Therapy Ranks High in Improving Mood & Morale, Making it the Perfect Gift For Your Loved One.

LOS ANGELES & MANHATTAN BEACH, Calif. - Jan. 28, 2022 - [PRLog](#) -- It's no secret that morale has taken a hit these past couple of years. This is due to a number of factors. Things like job loss, weight gain, and lack of social interaction take a toll on the entire body, including your emotions. Massage therapy not only eases your physical woes. It helps your mental ones too.

<https://youtu.be/Fgxoy-BiQKU>

A lot of people overlook or discount the aches and pains in the body on their attitude. Most people believe memories are stored in the brain. But the fact is that past experiences are saved all over the body. Add into that the stress of winter and two years of continuing uncertainty and you have a recipe for a lot of pain and suffering. Trigger point massage therapy aka neuromuscular massage can help permanently release unpleasant memories, free you from pain and improve your whole outlook.

"Back pain comes from a lot of different causes," says Michael Greenspan, owner of [Massage Revolution's Back and Neck Relief Center](#) in Manhattan Beach. "When someone has a recurring issue that can't be explained by injury or repetitive use, we look deeper into potential causes, like mental stress."

With 3+ decades in the massage business, Greenspan knows a thing or two about pain management. "The best thing about trigger point massage, besides the fact that it works," he says, "is that it is completely natural, which means no nasty side effects like you get with drugs and surgery."

Trigger points are slippery characters — and painful ones. They're not well understood by the public or doctors. Trigger points often cause pain in back and neck muscles, but they can crop up anywhere. Trigger points also mimic other problems like headaches and heartburn. To further complicate matters, trigger points can send pain to other places in the body, making it very hard for the individual to figure out what is going on.

<https://youtu.be/CtQNneWz0Co>

Luckily, you don't have to. The highly-skilled staff at [Massage Revolution](#) can do it for you. With over 3 dozen massage therapists all specially trained in trigger point therapy and neuromuscular massage, Massage Revolution's Back & Neck Relief Center is the largest trigger point clinic in Los Angeles and the world. It's been a long couple of years. Everyone needs a boost. For more information, visit:

www.MassageRevolution.com

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