

The Back & Neck Relief Center MASSAGE REVOLUTION

Here's Why Spring is the Perfect Time to Get a Massage and Get Rid of Neck and Back Pain



How to Sleep Better, Move Better, and Live Pain-Free This Spring

MANHATTAN BEACH, Calif. & LOS ANGELES - April 16, 2023 - [PRLog](#) -- Spring is here. The temperatures are rising, the flowers are blooming, the birds are chirping. Experts are saying it's the perfect time of year to see a [massage therapy](#).

<https://youtu.be/CtQNneWz0Co>

"During the winter, we tend to stay indoors and not exercise as much. When we start back in with physical activity, our muscles are tight increasing the risk of an injury. A massage loosens up your muscles, so you are not as likely to get hurt," says Michael Greenspan, massage expert at [Massage Revolution](#), Manhattan Beach, a small beach town in Los Angeles, California.

Massages are also great for getting you ready for your workout routine. They improve circulation and boost oxygen levels in the blood. They deliver nutrients throughout the body, so you have the energy you need to perform at your best.

A massage can also be great after you are done working out. It reduces stiffness and swelling related to [back pain, neck pain](#), and knee pain, so you feel better after your workout routine. It gets you ready to get back in the game.

Massages are also beneficial in the spring because they reduce allergy symptoms.

Studies show that allergy symptoms are directly related to stress. If you are exposed to high levels of histamines while experiencing stress, it can worsen your allergic reaction.

Massages decrease stress levels and improve your circulation and your immunity. This makes them beneficial in reducing allergies that often occur during the spring season.

[Massage Revolution](#) is a recommended destination for your spring massage. Our massage in Manhattan Beach services offer [neuromuscular massage therapy](#), [trigger point massage](#) therapy, and other treatments that will get you in shape for the spring. We use techniques that reduce the risk of injury and relieve pain associated with physical activity.

Visit our [website](#) to discover what we have to offer.

[PPO insurance](#) accepted!

Massage Revolution's Back & Neck Relief Center located in Manhattan Beach is the biggest trigger point therapy clinic in Los Angeles and the world.

Member savings plans are available. PPO insurance is also accepted.

YOU MAY BE A CANDIDATE FOR NEUROMUSCULAR MASSAGE OR TRIGGER POINT THERAPY!

Massage Revolution

<https://youtu.be/SxFsKAcit-E>

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