

## The Back & Neck Relief Center MASSAGE REVOLUTION

**April is Stress Awareness Month- The Perfect Time for the Best Massage Therapy Near Me!**



*Open Now to Get Your Best Relaxation and Deep Tissue Massage!*

**LOS ANGELES & MANHATTAN BEACH, Calif. - March 27, 2024 - [PRLog](#)** -- Today's medical professionals, especially Massage Therapists at [Massage Revolution](#) in Manhattan Beach, understand that well-being is not only about physical health; it's about mental health as well. Poor mental health can interfere with one's ability to function. It can lead to chronic illnesses and other health conditions.

<https://youtu.be/CtQNneWz0Co>

The Health Resource Network (HRN) recognizes the effects of stress. In 1992, the organization named April National Stress Awareness Month. It is the perfect time to think about how stress affects you and what you can do to reduce its impact. Massage Therapy can help you reach your wellness goals.

"Massage therapy is a terrific stress-reducing solution. It lowers cortisol levels in the body and releases serotonin. It helps the body prepare for fight-or-flight situations," says Michael Greenspan, clinic director of [Massage Revolution](#).

### How a Massage Therapists Reduce Your Stress

- **Lowers Cortisol:** Cortisol is a hormone the body releases in response to stress. Massage lowers cortisol levels so you achieve a calmer state.
- **Prepares the Body for Fight of Flight:** Fight or flight describes the stress response. Massage increases glucose levels and reduces focus on functions that are not necessary in dealing with stress. It helps with stress management and resiliency.
- **Releases Serotonin:** Massage releases serotonin in the body. This "happy chemical" reduces feelings of anxiety, [pain](#), and depression.
- **Human Touch:** A massage offers human contact and a sense of comfort that relaxes and rejuvenates the soul.

### Other Ways to Honor Stress Awareness Month

- **Post on Social Media:** Social media posts help spread awareness of the dangers of stress. You can provide tips on how people can manage stress so they can achieve higher levels of well-being. Hashtag #stressawarenessmonth to join the cause.
- **Focus on Mindfulness:** Practice mindfulness and meditation in your own life to achieve higher levels of stress resiliency.
- **Get Organized:** Disorganization and stress go hand in hand. April is a great time to get organized. Your home and work environments will be less cluttered. You will find things easily so you don't have to stress about losing items.
- **Talk to Your Employer About Reducing Stress in the Workplace:** Work is often a source of stress. Talk to your employer about reducing stress in the workplace. This can be achieved with meditation breaks, wellness resources, and remote work environments.
- **Focus on Exercise and Nutrition:** Exercise is ideal for stress relief. Several nutritious foods can also reduce stress. Make smarter lifestyle choices to increase mental well-being.
- **Reach Out:** Don't be afraid to reach out for help when you feel stressed. Friends and family members can help you handle the burden. They can also lend a sympathetic ear when you need someone to talk to.

Schedule Your Appointment at [Massage Revolution](#) Today. [PPO insurance accepted, click here.](#)

<https://youtube.com/shorts/Fgxoy-BiQKU?si=IOZJHbd7UUuFCD0V>

A massage is an ideal way to handle stress. In addition to loosening muscles that tighten up in stressful situations, it also affects chemicals in the body to relieve stress. It is the perfect way to be kind to yourself during Stress Awareness Month.

Massage Revolution is the ultimate destination for massage in Los Angeles. Our skilled technicians will provide stress-relieving solutions. We offer trigger point massage therapy, neuromuscular massage therapy, deep tissue massage, and more.

Contact us to schedule your appointment today.

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!**

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