

Sunshine Coast Massage Therapist Eliminates Stress With Relaxation Massage

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Sunshine Coast, Queensland based Lavender Moon is pleased to announce that their clients may request a specialized relaxation massage from their professional massage therapist. The service asserts that a session of massage therapy is the perfect answer to the stress-inducing perils of modern life.

Massage can be used for many purposes, such as to encourage healing, but its most fundamental goal is to help people relax. With this in mind, Lavender Moon offers a variety of services that are designed to reduce, smooth away and help to eliminate their clients stress levels. A relaxation massage, however, is a specialised approach to massage that specifically focuses on being an extremely pleasurable, safe and relaxing experience. With the help of a professional therapist that practices this form of massage, an individual can experience greatly reduced muscle tension as well an overall reduction in the levels of stress that they are feeling, both within and on the body. As many people live fast-paced lives, a regular session of relaxation massage can go a long way in helping them find their mental and physical balance once more.

In addition to reduced stress, some of the other benefits of relaxation massages include lower blood pressure as well as improved circulation, skin tone and appearance. In psychological terms, the service?s clients also leave their massages feeling refreshed and ready to take on the world again. With the heavy burden of tense muscles and anxious emotions gone, they often experience higher levels of confidence as well as a better overall mood. These effects can last anywhere between a few days to a week on average, but clients are always welcome to book a new session with Lavender Moon when they feel like they need it. Those interested may learn more about Lavender Moon massage on Facebook.

Led by Yvonne Jones, Lavender Moon?s main therapist, the service utilises a wide variety of massage therapies and techniques to help their clients relax, reduce stress and control anxiety. In particular, they rely on a combination of two main styles of massage that are known to help people dealing with vast amounts of stress and tension: Swedish Massages and Hot Stone Massages. According to the service?s website, these

two forms of massage are useful because they utilise, ?long slow gliding strokes, rolling, kneading and rhythmic tapping. With the Hot Stone therapy massage, the only difference (but a great one) is the addition of using Basalt stones heated to help increase the body's response to finding that relaxation result.?

?It?s the massive difference I see in a client?s whole persona after a professional massage,? says Yvonne when asked why she elected to develop her talents in this field. ?People often come in stressed and tense. You feel it in the muscles during the massage but often go out feeling like a different person. That?s why I do it. If you can help take those things away with the power of massage and other treatments, like Reiki, then that puts a smile on both our faces.? Notably, Lavender Moon also believes that their products should reflect the positive energy they wish to bestow on their clients. This is one reason they exclusively use cruelty free products (which have not been tested on animals).

Thanks to her educational grounding in Reiki, Yvonne is also eager to share the benefits of this novel technique with her clients. The technique is known to help people relax, but it can also be used to promote healing in the body. As it primarily works by manipulating energies around the body, a skilled Reiki therapist can channel positive energy into their client to bolster their reserves. There are a number of other advantages to be had as well. A Reiki session can boost immune system health, for instance, and certain clients will be pleased to learn that they may remain fully clothed during their session. Lavender Moon is always ready to answer any inquiries regarding the technique and its potential benefits.

Lavender Moon?s location on Peregian Beach is no accident either. While Yvonne originally hails from the UK, where she began her studies in Reiki, Hot Stone and relaxing head massage (and eventually finished her studies in Queensland), she saw a wealth of potential in moving to Queensland and hosting her massage services there. Peregian Beach stands out in the region for its beautiful and expansive beaches as well as its weather and local culture, all of which engender feelings of peace and tranquility. According to Yvonne, few other places, if any, could compete with Peregian Beach?s unique atmosphere.

Interested parties are encouraged to visit the service?s website to learn more about Lavender Moon and their various massage therapies. Inquiries may be directed to Yvonne Jones, and social media users may connect with Lavender Moon through their preferred platforms to stay abreast of their latest offers and announcements.

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For more information about Lavender Moon, contact the company here: Lavender Moon Yvonne Jones 458780994massage@lavendermoon.com.au 35 Gouldian Court Peregian Beach Sunshine Coast Queensland 4573

Lavender Moon

Lavender Moon's main therapist is Yvonne Jones, a newcomer to Australia's shores. Yvonne started her early massage career in the UK studying Reiki, Hot Stone & head massage and then finishing her professional qualifications here in Sunny QLD

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