Omaha Massage and Healing Arts Explains Why Spa Massages and Body Wraps Are So Popular in Omaha Nebraska

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Omaha Massage and Healing Arts, based in Dundee, Omaha, NE, has explained why spa massages and body wraps are so popular in Omaha, Nebraska. A massage is defined as pressing, manipulating, and rubbing the skin, tendons, muscles, and ligaments to achieve a number of benefits. The massage may range from simple light stroking to deep pressure, depending on the purpose of the massage. Benefits from a massage may include: reduction of stress and promoting relaxation; reduction of pain and muscle soreness and tension; enhancement of circulation, energy and alertness; reduction of heart rate and blood pressure; and improvement of immune function.

A massage may prove to be helpful for various health conditions, such as: anxiety, digestive disorders, fibromyalgia, headaches, insomnia related to stress, low back pain, myofascial pain syndrome, nerve pain, soft tissue strains or injuries, sports injuries, temporomandibular joint pain, and upper back and neck pain. In addition to these health benefits, people enjoy getting a massage because it can provide feelings of comfort, caring, and connection. Nevertheless, it is also important to note that a massage may not be recommended for people who have certain conditions, such as infections, burns or healing wounds, bleeding disorders,

broken bones, severe osteoporosis, and very low platelet count. Thus, it is advisable to let one?s doctor know before trying a massage.

There are various kinds of massages offered at Omaha Massage and Healing Arts. For instance, there is the reflexology massage, which is designed to stimulate the nerves on the feet to promote beneficial effects on other parts of the body. There is also the sports massage, which is a combination of stretching and deep tissue methods. Its purpose is to relax and elongate the muscle tissue to enhance flexibility and joint motility. And every massage is adjusted based on the goals of a particular sport.

They can also offer the Swedish massage, which is typically for relaxation and overall wellness. A range of techniques are used to remove tension out of tight muscles and connective tissue and provide that deep sense of wholeness and peace for the body, mind, and spirit.

The Thai Yoga massage is a fully clothed massage that combines yoga and massage therapy in one treatment. It is done with a mat on the floor using deep stretching, soft rocking, rhythmic compression, acupressure, and energy balancing, while the client relaxes. This may help to increase flexibility, release deep and superficial tension, improve the body?s natural energy flow, and promote inner peace and a quiet mind.

Meanwhile, body wraps are popular because they may help with the improvement of the appearance and texture of the skin by helping with the elimination of excess fluids and toxins from the body. The benefits offered by body wraps may include boosting of the lymphatic system and metabolism, body contouring, detoxification, skin tightening, skin softening, and temporary inch-loss.

Established in 2006 by Tara Zinn, the Omaha Massage and Healing Arts as a single treatment room at the Omaha Healing Arts Center, the business now has its own building with several treatment rooms with 10 therapists providing different types of services in Dundee, Omaha, Nebraska. Their original location was at the Omaha Healing Arts Center, which is regarded by Tara Zinn as a very sacred space because of the blessings received from healers from different parts of the globe. She believes that this sacred place was a major contributor to the business?s growth. And it was the encouragement and guidance provided by Sandy Aquila, owner and founder of the Omaha Healing Arts Center, that Tara and her team decided to commit themselves to provide greater healing in the Omaha community. And in 2022, they moved to the building they had purchased and rebranded the business, naming it in a way that honors the sacred space where they started.

To learn more about Omaha Massage and Healing Arts be sure to see this recent press release: https://www.pressadvantage.com/story/54160-omaha-massage-and-healing-arts-is-the-place-to-go-when-looking-for-omaha-massage-locations

People who would like to know more about the services provided at Omaha Massage and Healing Arts, such as the spa massages and body wraps, can visit their website, or contact them through the telephone or via email. Treatments are available by appointment only from Monday to Sunday. Those who want to get to know more about the spa and their therapists can also visit their YouTube channel at https://www.youtube.com/channel/UChiWTdrYTnzdrhrIq_jCSQw.

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For more information about Omaha Massage and Healing Arts, contact the company here:Omaha Massage and Healing ArtsTara Zinn(402) 212-4520hello@omahamassageandhealingarts.com661 N 50th St Omaha, NE 68132

Omaha Massage and Healing Arts

We strive to create a peaceful spa sanctuary where each client can find balance. Our mission is to help others become more in touch with their body awareness by awakening and balancing Mind, Body and Spirit.

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