Omaha Day Spa Shares Some of the Top Benefits Seen by Their Clients

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Omaha Massage and Healing Arts, a day spa based in Dundee, Omaha, NE, wants to share some of the key benefits seen by their clients. Treatments provided are various kinds of massages and body wraps. The spa days that they offer include either a deep tissue massage or a Swedish massage. It is also possible to upgrade to a different type of massage. They also offer a couples massage that allows two people to enjoy a relaxing massage side-by-side. The massage treatment will be tailored to each individual's needs. Body wraps of various kinds such as aromatherapy, exfoliating mud wrap, mud wrap, salt glow, and seaweed wrap are also available.

The massage may range from just light stroking to deep pressure, based on the specific purpose of the massage. The expected benefits from a massage include: reduction of pain and muscle soreness and tension; enhancement of circulation, energy and alertness; decrease in stress and promotion of relaxation; improvement of immune function; and decrease in heart rate and blood pressure. A massage may be helpful for different kinds of health conditions, including: digestive disorders, fibromyalgia, anxiety, insomnia related to stress, low back pain, headaches, nerve pain, soft tissue strains or injuries, myofascial pain syndrome, temporomandibular joint pain, upper back and neck pain, and sports injuries. Furthermore, people also enjoy

getting a massage because of the feelings of caring, connection, and comfort.

Meanwhile, clients have expressed their satisfaction about the benefits they received from the day spa through customer reviews. For instance, on Yelp, Celeste R. said, ?We've been to Downtown Omaha Massage for a couples massage as well as deep tissue massages. The atmosphere is comfortable and calming, the location is clean, and the staff are skilled and welcoming. Worth the price.? In another Yelp review, Tannesha K. said, ?Love the location. It really takes you out of your normal everyday life into somewhere healing. My massage was heavenly! I suggest getting the Himalayan salt rock. It was relaxing! The building is clean and all the proper covid things are being done.?

On Google, Omaha Massage and Healing Arts has an overall rating of 4.8 out of 5 stars. In one recent five star review Emma W. said, ?My husband and I celebrated our one year anniversary with a couple's massage. The massage therapists did a great job of creating a calming environment and melting our stress away. Will be returning.? In another recent five star review, Nic I. said, ?OMG! When I say amazing I totally mean it from the bottom of my heart. The lymphatic drainage massage was life changing. I feel the difference and the swelling in my legs and ankles has totally decreased. I made an appointment for next month!?

Started in 2006 by Tara Zinn, the Omaha Massage and Healing Arts had only one treatment room at the Omaha Healing Arts Center. The business has grown steadily over time and currently has many treatment rooms in their own building with 10 therapists providing different types of services in Dundee, Omaha, Nebraska. The business was launched at the Omaha Healing Arts Center, which is regarded by Tara Zinn as a very sacred space due to the blessings provided by healers from various parts of the world. She believes that this sacred place contributed significantly to the business?s success. And it was Sandy Aquila, owner and founder of the Omaha Healing Arts Center, who encouraged and guided Tara and her team to commit themselves to offer greater healing in the Omaha community. And in 2022, they moved to the own building and rebranded the business, naming it in a way that honors the sacred space where they began.

To learn more about Omaha Massage and Healing Arts be sure to see this recent press release: https://www.pressadvantage.com/story/54161-omaha-massage-and-healing-arts-explains-why-spa-massages-and-body-wraps-are-so-popular-in-omaha-nebr

Those who want to get more information about the services offered at Omaha Massage and Healing Arts can go to their website, or contact them via the telephone or through email. They offer treatments by appointment only, from Monday to Sunday. Those who want to know more about the day spa can check out their LinkedIn page at https://www.linkedin.com/company/omaha-massage-and-healing-arts/.
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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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