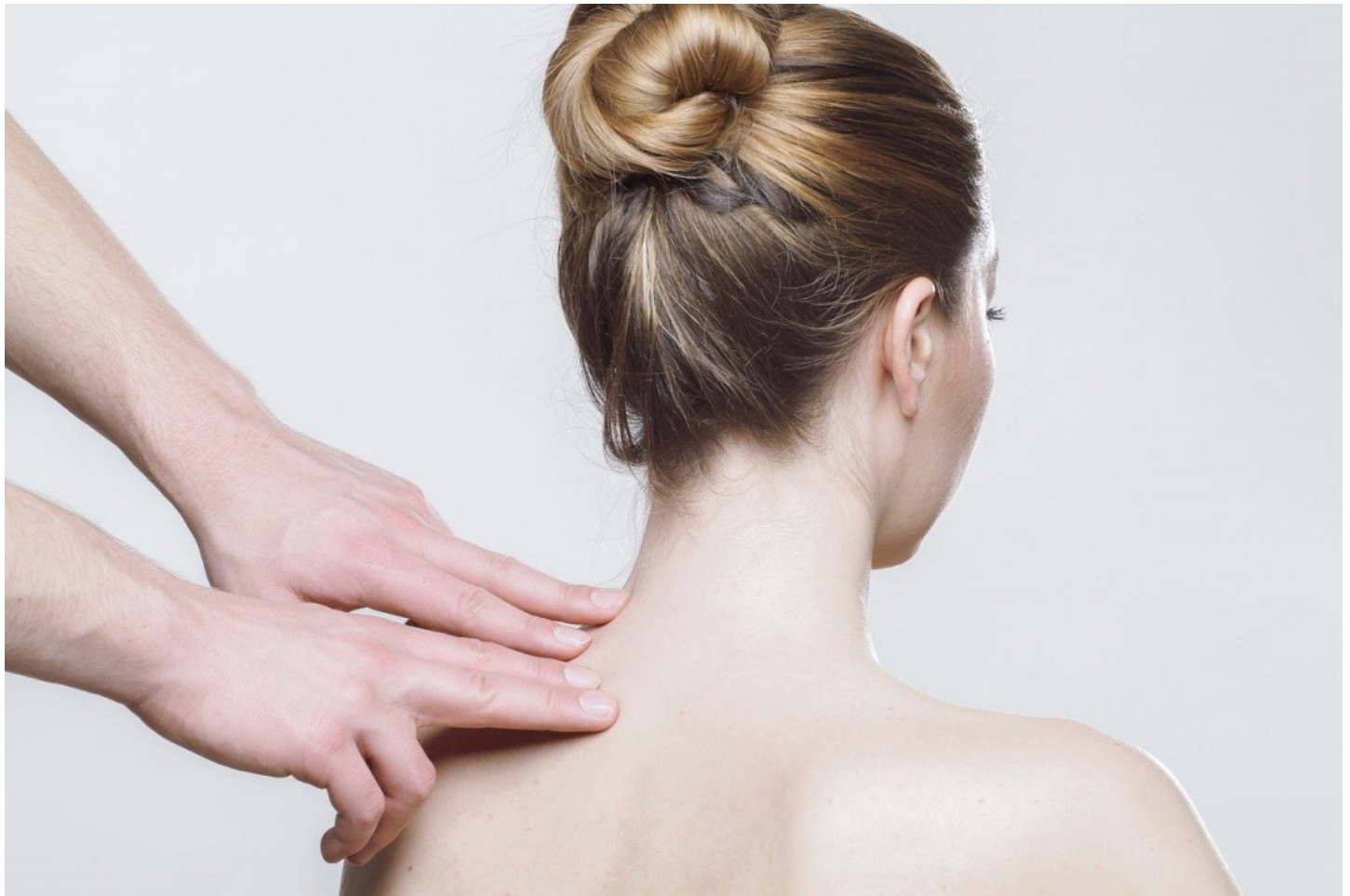


Body Rubs Help Your Mental Health



Kansas City, Jun 8, 2020 ([Issuewire.com](https://www.issuewire.com)) - Knowing how best to protect your mental health during this time can easily land you in a tailspin. But navigating the unconventional can also prove to be a tricky slope, which is where Egypt, the purveyor of the website [Elite Indulgence](#) weighs in.

Bodyrubs, a type of intimate massage and the business of which Elite Indulgence lends its expertise, are quickly becoming touted as an excellent way to relieve stress. Alleviating some of the other struggles that are close bedfellows with the constant state of anxiety we find ourselves in. Like improving circulation of the blood and lymph, and well as supporting muscle health and even digestion.

Using full body contact for massage purposes helps to create and solidify a sense of intimacy, something that many are craving in the wake of strict social distancing measures that are being taken worldwide. Elite Indulgence contends that human contact and nurturing physical touch are cornerstones of feeling valued and loved. Cornerstones which do not only support us psychologically- but physiologically as well.

While touch certainly helps us to connect and communicate, it can also help improve bonding habits. Addressing negative personal relationships with intimacy and vulnerability. Apart from this, human touch also promotes the release of multiple neurotransmitters and hormones that are used by our bodies to help us relax and promote feelings of happiness and contentment. To wit, Elite Indulgence discusses

both the emotional intensity and transportive relaxation of body rubs as a key to a more holistic outcome.

As massage engages the body and triggers hormonal release, the body contact and familiarity of the exercise allows the mind to comfortably unravel. Keeping the person being massaged connected to the experience on an emotional level as well, using both the physiological and emotional response to address multiple facets of our embedded stress response. Making this type of massage a plausible solution for anyone who is feeling the tension of uncertainty in conjunction with the emotional isolation of the current pandemic.

Media Contact

Elite Indulgence

catarina@unik-seo.com

Source : Elite Indulgence

[See on IssueWire](#)