

Sacred Splendor Massage Opens Second Location in Ventura, California

California, Ventura, Jun 17, 2021 ([IssueWire.com](https://www.issuewire.com)) - For Immediate Release: Sacred Splendor (<https://www.sacredsplendor.net>) opens a second location in Ventura, California to provide massage therapy. There's nothing like having a good massage to help everyone relax after a stressful week at work or school. It's a part of self-care to help keep their body healthy and relieve tension to get through another busy week.

Hot Stone Massage

At Sacred Splendor, clients can get a hot stone massage. They can take advantage of a 60- minute hot massage with coconut oil. It's a natural therapy that helps to maximize therapeutic benefits all over the body.

The high iron content in the basalt keeps the heat intact for a longer session. Clients benefit from this because it relaxes the muscle. They will feel more limber and lasting effects of the massage due to easing the muscles.

The coconut oil will give their skin a natural gloss and a nice scent that will keep them in a calmer state of mind. It's beneficial to clients both physically and mentally to help them stay focused and loose for the rest of the day.

Prenatal Massage

Pregnant women go through a lot of stress not only because of the physical demand bearing a child puts on the body, but the mental and emotional stress are factors as well. They need a prenatal massage to help them relieve tension from their experience.

Massage therapy can help pregnant women in the following ways:

- Decrease back and leg pain
- Improve sleep
- Lower anxiety

Not to mention, they'll start to feel good about themselves while they carry the extra weight. Relieving pain also helps to boost their immune system to give them more wellness. They'll get more blood circulating in their body and increase oxygen flow, which can be helpful to their baby.

Deep Tissue Massage

This type of massage is perfect for anyone looking to reduce pain and discomfort. As a result, the body has a chance to accelerate the healing process from soreness or injuries. Here are some of the main benefits of a deep tissue massage:

- Helps lower blood pressure
- Treats chronic back pain
- Good for athletic recovery

- Breaks up scar tissue

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