

Massage In Orlando

Orlando, Florida is an exciting city with beautiful scenery and several of the best theme parks in the world that demand attention from all. Orlando has fantastic weather and is a great place to live or to visit. So, whether your stay in exciting Orlando is for [Click here!](#) a business trip, an unforgettable family vacation at Disney World or Universal Studios, or a career related family relocation you might find you want to receive a massage therapy session. Massage in Orlando is widely available from independent Licensed and Certified Massage Therapists, Licensed Massage Establishments, and several world class Day Spas.

Massage in Orlando is an experience that is memorable and enjoyable and something you'll want to repeat over and over. Whether your goal is to completely relax with a slow, soothing massage, relieve muscular pain and chronic tension, have a more comfortable pregnancy, or improve your sports performance Massage Therapists in Orlando can help you achieve your goals. In fact there are several types of Massage in Orlando that you can receive. The most commonly offered massage techniques in Orlando are:

- Swedish Massage – relaxing massage using gliding strokes, kneading, friction, and striking strokes along with gentle stretching and rocking. This massage is soothing and reduces muscular soreness while improving overall circulation.
- Deep Tissue Massage – massage of the deeper musculature and connective tissue to release chronic tension and pain. Its often a firmer massage that is appreciated by experienced clients.
- Hot Stone Massage – perhaps the most relaxing and luxurious massage you can get. Heated stones are used to perform the massage strokes while seeming to melt away stress and tension.
- Trigger Point Therapy – targeted pain relief using specific pressure to release painful knots in muscles.
- Neuromuscular Therapy – advanced pain relief targeting specific trigger points in muscles, tendons, and attachment sites.
- Prenatal/Pregnancy Massage – massage for the mother-to-be helping her to decrease pain and discomfort throughout the pregnancy.

However, in addition to the more commonly practiced massage techniques your Orlando based Massage Therapist might also practice some other well known massage therapy techniques:

- Cupping Massage
- Medical Massage
- Acupressure
- Ortho-Bionomy
- Aromatherapy Massage
- Myofascial Release
- Orthopedic Massage

You might even want to try a special treat when you get a massage in Orlando like Couple's Massage where a couple can receive their massage together in the same massage room with two massage therapists. During the couples massage each member of the couple can choose to receive a different massage from that of their partner. Or, for the true massage therapy enthusiast some Licensed Massage Establishments and Day Spas offer Four Hand Massage, or Tandem Massage, where you can be massaged by two massage therapists at the same time.

Massage in Orlando is also very convenient to receive. Massage in Orlando is available on an incall basis at a Massage Therapist's office, salon, or clinic, in a Licensed Massage Establishment, or in one of many conveniently located Day Spas. Massage in Orlando is also available on an outcall basis in your Orlando area home, office, or hotel. No matter where you are in Orlando a great massage is just minutes away.

So what's stopping you from receiving the benefits of massage? Massage in Orlando is relaxing, stress reducing, pain relieving, and performance improving so get one today...you'll be glad you did!