



**BENEFITS OF
COUPLES
MASSAGE:**

- Lowering blood pressure
- Managing pain
- Relieving tension headaches
- Boosting immune system
- Faster recovery from depression, arthritis, sports injuries, chronic fatigue syndrome, circulatory problems, and carpal tunnel syndrome
- Reduce stress
- Deepen relationships

Massage News

VOLUME 1, ISSUE 1

FEBRUARY 7, 2011

What is a Couples Massage?

A massage can be a great way to relax, relieve stress and reduce body aches and pains. For loved ones, it can also be a great way to spend quality time together in a peaceful setting. A couples massage allows two individuals to receive massage therapy simultaneously. Beyond the physical benefits related to a traditional massage, a couples massage also provides a great way to become closer to a loved one.

A couples massage takes place in a single room, large enough to fit two separate massage beds. Couples lie down at the same time and massage therapists come in to provide massage services simultaneously, with one masseuse assigned to each individual.

Several types of massage can be performed during a couples massage. A deep tissue may be performed during the couples massage for those who have signifi-



cant pain in one area, such as the back or neck. Swedish massage, a general massage for relaxation

and energy, may be performed as well. Other types of massage, such as sports or chair massage, may be performed but are less common for a couples session than deep tissue and Swedish massage.

Though romantic partners are often the recipients of a couples massage, many friends or family members take part in this relaxing service as well. A mother and daughter, two friends or two siblings may enjoy the rejuvenating atmosphere and enjoy getting massages together rather than separately.

Taken from www.livestrong.com

What are the Benefits of Couples Massage?

Couples massages are one of the hottest commodities in the spa industry. Allowing people to receive the utmost in spa comfort with a companion by their side, a couples massage is not the type of thing that everyone is comfortable with at first, but a few minutes on the table can reveal the many benefits to be had from the experience.

Any massage allows for the ultimate in relaxation, but a couples massage allows you to spread the wealth to someone else you care about. The relaxing benefits of massage can be shared between you and someone special when you book a couples massage.

Some people get a bit nervous at the idea of a professional massage, and naturally so. The idea

of stripping down and being handled by a stranger is not always the most comforting thought, but having someone else by your side can make things easier. Newbies can benefit from couples massages by having moral support by their side receiving the same service they have signed up for.

Taken from www.livestrong.com

Rose Color Meanings: Ordering the Right Valentine Roses

When giving cut roses as Valentine gifts, we adhere to a time-honored formula that takes into account rose color meanings. The formula matches a flower's color to its intended meaning as a gift. Valentine's Day is primarily a lovers' holiday, and red is traditionally reserved for lovers. Red Valentine roses enjoy an iconic status, even though other colors have their place on the holiday. Our close family members may also be treated to red posies for Valentine's Day, but we avoid this color choice for friends that would simply convey the wrong meaning. The following are the meanings traditionally ascribed to the most popular roses, according to colors; use this list as a guide when selecting Valentine roses:

- **Red** = romantic love
- **Purple** = the giver has fallen in love with the recipient at first sight
- **Coral** = desire
- **Orange and Apricot** = enthusiasm
- **Yellow** = joy and friendship
- **Pink** = gratitude and appreciation
- **Light Pink** = admiration and sympathy
- **Peach** = sympathy or gratitude
- **White** = reverence and humility

What about black roses? Do they exist and, if so, what is the meaning? While no jet-black rose exists, there are some of such a deep red as to suggest black. Alternatively, some florists dry fresh roses and dye them black. And the meaning? There is some disagreement on this point. Many say black represents death and can thus be used as a symbol to express vengeance towards a foe. But others interpret that more liberally, suggesting as a meaning for black roses the death of old habits, thus signaling rebirth. Unless you're a Goth or trying to be funny, I'd stay away from sending black roses: the interpretation is too iffy. But the formula listed above will work for the other colors. Just follow the formula that matches the colors with the corresponding meanings, and you can't go wrong as a gift-giver.

The History and Meaning of Valentine's Day

Saint Valentine was a Roman who was killed for his faith on February 14, 269 A.D. He had refused to worship pagan gods and some stories say he was a priest who would marry young couples in secret who loved each other but did not have parental permission. In 496, his 'saint day' was established. He is associated with love because he fell in love with the daughter of his jailer, and would pass notes to her. His final note, before he was executed, read "from your Valentine".

In Italy, with its romantic and religious roots, St. Valentine's Day became the traditional day to be engaged. Young Romans would spend this day gathered together in gardens to listen to romantic poetry and music.

As with many holidays, the celebra-

tion of St. Valentine's Day became a mixture of the new Christian rites as well as the older pagan rites of that same time of year. St. Valentine's Day happened to fall on the Roman festival of Lupercalia. This festival



was held each February to protect the villages from wolves, who would at this point be starving and cold and begin to make their village raids.

During the festival of Lupercalia, young men would playfully whip women with stripes of animal hide, chasing them around town. It was felt that this festival made the women who were "whipped" more fertile. The young men would sometimes draw the names of girls from a jar, to choose their partner for the day for any singing and dancing.

Taken from www.romanceclass.com