

# Benefits of Massage Following a Long Flight

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**Anyone who has traveled knows that being confined to one spot for a long time can be very uncomfortable.** This is especially true of long flight: The seats are cramped, you can't move around much, then you have to stand in line for what seems like an eternity, and your body pays for it in the end. You arrive at your destination tired, achy, and cranky. **This is not a great way to start any trip, especially a vacation.** Avoiding travel, or changing the mode of transportation is often not an option, particularly if the travel is job-related. So what can be done to relieve the stress and pain? A professional massage from the experts at [Matrix Spa & Massage Cancun](https://matrixmassagecancun.com) can help!

## Massage Can Relieve the Discomfort of Travel

**Some airports now have massage clinics in the terminal that offer a wide variety of services, which can make it easy to “sample” massage therapy** if you've never had a massage before. All types of massage relax the muscles of the body and help clear the mind. But there are other benefits as well, including

- Improved circulation
- Helps relieve pinched nerves and “knots”
- Improves health of the skin
- Helps remove toxins from the skin and tissue
- Provides a relaxing and peaceful experience
- Helps relieve jet lag

**Massages that focus on the neck, shoulders, legs, and calves are great for relieving jet lag.** For the best experience, this should be followed by a type of massage that focuses on the head. Including an essential oil such as lavender helps encourage relaxation. If the clinic's list of services is not clear about what is covered in any particular type of massage, ask someone. **The staff should be willing to help you determine what treatment will best fit your needs.**

While a massage at the airport is a great option if you have the time and if the service is available, it can be hard to

relax if there is concern about missing a connecting flight. However, there are other options available. **Most cities have at least one reputable spa or massage therapy clinic.** These are typically in the phone book, or you can ask someone at the hotel where you are staying. The Matrix Spa and Massage in Cancun offers a [wide variety of services](#) that will relieve the stress of a long flight

## **Make Relaxation a Part of the Trip**

Why not include a massage in your vacation plans? ***A day at the spa is a perfect way to start a vacation, since it will help set a relaxing tone for the trip.*** It is very easy to schedule a session that fits your needs. Most spas offer massages of varying lengths and some offer packages that include extra services such as pedicures or facials. Once you have chosen a spa, find out what they offer. Many spas have websites that list their services, prices, and fees. ***It is usually a good idea to schedule an appointment in advance, since many spas are very busy.*** However, if the decision to get a massage is spontaneous, ask the staff at the spa if they take walk in clients.

***For travelers visiting Cancun, Matrix Spa and Massage is a great choice.*** They offer many services at reasonable prices and satisfaction is guaranteed. [Discount packages are also available.](#) Matrix Spa and Massage has been in business for over 20 years. [Contact us today](#) to learn more, or schedule your appointment, and make the most of your trip to Cancun!