

Relationship Advice: The Power of Touch



By Amy Osmond Cook for [Divorce Support Center](#)

A dim room, calming oils, quiet music, two masseuses, you, your significant other, and a few hours away from the world: A couples massage sounds hard to beat. While couples massages are known for being a relaxing and romantic date idea, have you ever considered the real health advantages of them? It turns out the power of touch plays a very important role in massage therapy and health. Follow my [relationship advice](#) and learn how a couples massage can provide you and your love with real health benefits that can ultimately strengthen your relationship.

Relationship Advice: Strengthen Your Relationship Through A Couple's Massage

1. Physical touch. Physical touch is a vital part of any relationship. "Touch is important for sustaining a healthy relationship, but it's also necessary for our feelings of connection, safety and overall well-being," says Dr. Justin R. Garcia, Associate Director for Research and Education at The Kinsey Institute. Receiving a couples massage with your partner will not only satisfy a need for physical touch but also remind you both of the need for physical touch in your relationship. As a relationship expert, I always hear about couples who have been together for a long time, perhaps growing out of the stage of passionate love to companion love who tend to touch less. A couples massage presents an opportunity for you both to feel a renewed sense of satisfaction and peace. You can pick up on a few massage techniques to use on each other at home. Relationship advice: Take time to make touch a priority so you can become closer as a couple and give you both a greater sense of love and security.

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2. An anxiety reliever. Every relationship goes through tough times, whether caused by a difficult life event or lack of communication. A couples massage can help alleviate some of this stress and anxiety. Regular massages can decrease cortisol while increasing frontal delta brainwaves, causing you to feel more relaxed. After a couples massage, you and your partner will not only feel less stressed but will also handle challenges better. Releasing anxious feelings together can bring you closer and set the tone for a better week.

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3. Improved overall health. A healthy couple is a happy couple. Massage provides a variety of overall physical health benefits, including heart health. “Studies show massage therapy can immediately lower blood pressure, decrease heart disease risk, and improve circulation,” said Dr. Candice Hall, D.C., an expert in Functional Medicine with Next Advanced Medicine. “We often use massage therapy to help our patients control anxiety and common digestive disorders.” If you and your partner are looking for ways to become healthier together, this is the perfect solution. Another added health benefit of a couples massage is how well it accompanies chiropractic care. Whether you or your partner have chronic back pain or are just in need of some TLC, massages can be a great way to get the most out of your chiropractic appointments. While a chiropractor can adjust your joints, massage therapy can help relieve stiffness and discomfort. If your loved one is suffering from back or joint pain, offering a couples massage is a great way to show you care. When you both feel good, you’re less likely to be irritable and more able to enjoy spending time together.

A dating tip for this weekend? Surprise your significant other with a couples massage and you’ll not only enjoy spending quality time together but could leave feeling healthier and more relaxed than ever.

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