

## The Secret to Getting More Out of a Massage

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*Hi ladies! Today's guest blogger is Senior Editor Bethany Heitman, who recently discovered that when it comes to a **professional massage**, a no-frills approach can sometimes lead to a way more relaxing experience. Keep reading for the full story.*



I'm lucky that I wasn't directly affected by this year's financial crisis. And while I have an awesome job at Cosmo and am doing just fine financially, **budgeting** has been on my mind this year. One of the biggest areas I've curbed my spending has been in my beauty routine. I go just a bit longer between haircuts and have become a fan of a lot of drug store (aka, less expensive!) brands. But there's one thing I am still willing to splurge on — a good, deep tissue massage. I try to get a rub-down at least twice a year. They're relaxing and totally help me de-stress.

Over the years, I've had lots of great massages but a few weeks ago I may have had the most amazing one ever. I went to **Jeunesse Spa** in New York City. The first 10 minutes of my visit felt like any other spa I had been to. The locker contained a big fluffy robe for me to change into, there was a pitcher of cucumber water in the waiting area, and when the massage therapist introduced herself she made sure to ask how firm a touch I like. Everything was nice and pretty standard until I stretched out on the table. The first thing I noticed was there was no music on in the background. I'm so used to hearing either Enya or a soundtrack of the sounds in nature when I get massaged, that it was a little jarring at first. Next, I noticed that the massage oil was unscented. The minimalist approach took me by surprise, but within minutes I found myself liking it better than other spas where I've been overwhelmed by the scent of lavender massage oil or weird fake cricket noises being played in the background. The lack of sound and scent actually allowed me to focus on the incredibly relaxing strokes and let my mind wander into an extremely peaceful state. I felt so tranquil afterward that I decided Jeunesse Spa may be my go-to for massages from now on.

**What do you guys think? Are massages worth splurging on? And do you like a more minimalist massage or do the frilly add-ons of scented oil and music? Discuss in the comments...**

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