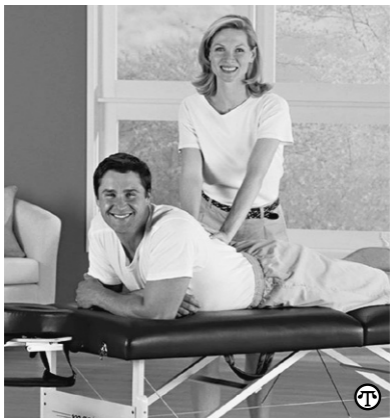


# Lifestyles

## Making Life Less Tense

(NAPSA)—In the past, visiting a spa or massage therapist was the only way to enjoy the health benefits of massage, but lately more and more couples are opting to relieve each other's stress in the privacy of their own homes.



**A great massage at home starts with a professional massage table.**

Professional-quality tables, once exclusive to massage therapists and training schools, are now available to consumers at discount outlets like Costco Warehouse Club for less than \$300.

And according to Scott Schwenk, a Los Angeles-based massage therapist, giving a massage can offer as many benefits as receiving one. "At-home sessions let the massage do its work," he says. "Couples can settle down or take a bath afterward—it can be part of a romantic evening."

Schwenk says there is a common misconception that a bed is the best place to give a home massage. He advises couples to invest in a massage table to avoid potential neck or lower back injuries—but not all massage tables are created equal.

"Consumers should look for the Underwriters Laboratories (UL) approval that certifies the table's safety," says Michael Friedman, president of MHP International, manufacturer of portable massage tables. Other things to consider are comfort, stability and ease of assembly.

For the ultimate home massage experience, couples can also stock up on covering sheets, warming pads and aromatherapy and massage oils. For more information visit [www.mhpinternational.com](http://www.mhpinternational.com).