



Couples Massage: Two is better than one?!

Couples massage is one of the hottest services at any spa right now. Two people are massaged in the same room, at the same time, by two different massage therapists. It can be a husband and wife, girlfriend and boyfriend, same-sex partners, or even moms and daughters or best friends.

What Happens During Couples Massage?

Couples massage is a massage that takes place in the same room. At the very least, this is a room large enough for two massage tables. Often, the venue where you choose to have your Couples Massage session take place will include special amenities such as candles, a water fountain, and music of choice along with any special requests you may have to make the session complete. It's all about the two of you!

As for couples massage etiquette, it's fine to talk to each other through the massage if you want, or be quiet the whole time. It's really up to you.

What Are the Benefits of Couples Massage?

Couples massage is a great way to introduce a partner or friend to the massage experience in a way that makes them feel more comfortable the first time. Some men are apprehensive about getting a massage because they are unfamiliar with the process, and to have their wife or girlfriend there is reassuring.

Men usually discover that therapeutic touch is very relaxing and restorative. Once they experience a couples massage, they are more willing to book a massage on their own.

It can also be a good choice if you're traveling with someone you don't get to see often enough -- a sister, girlfriend, mom or best friend -- and you want to spend some quality, relaxing time together.

How Much Does Couples Massage Cost?

The price and length of any couples massage session depends on the spa you decide on. The length of the session could be anywhere between 60 minutes to 120 minutes and is usually at least double the cost of a regular massage. Tipping at the venue you choose is extra.

Is There Any Downside To Couples Massage?

Some experienced spa-goers find it distracting to be in the same room at the same time with anyone else during a massage. They prefer to get their massage alone and then meet up afterwards.

The potential problems come if you have different expectations and needs during a massage, particularly if one person wants to zone out and the other likes to talk.

It helps if you know how much the other person likes to talk during a massage -- a lot, a little, or not at all -- and whether it's a good match for you.