**Best Relaxation Massage For Each Sign**

Every sign of the zodiac is associated with a different body part, which means that this part of the body is the most sensitive for them.

Naturally, each one of the twelve zodiac signs also has their own favorite massage type, aimed at relaxing their specific sensitive areas. These are:

* **Aries**

Those born under the sign of Aries tend to accumulate more stress around the head due to the fact that their heads are always full of ideas.

Therefore, when it comes to massage, nothing beats a relaxing head and scalp massage for Aries. Head massage with a focus on the forehead will be the most satisfying and therapeutic massage for Aries.

* **Taurus**

Taurus is a sign that rules physical pleasure, so Taureans love indulging in a relaxing massage, especially after a long day at work.

When Taurus is stressed, all the tension goes to their neck area which makes them feel sore and stiff.

So, these people could really benefit the most from a deep neck and face massage. Aromatherapy is also recommended in this case.

* **Gemini**

Gemini is a sign that rules the hands, arms, and shoulders. Those born under the sign of Gemini can release a lot of tension and improve blood flow by having a gentle hand or shoulder massage.

Also, Gemini tends to have a sensitive nervous system, so a whole body massage once in a while can really help to calm their nerves.

* **Cancer**

Sensitive Cancer is associated with the digestive system, so they’re extremely receptive to touch around the chest and stomach area. A gentle lymphatic massage that will remove all the buildup toxins and stress and get their juices flowing can be an extremely relaxing – and healing – experience for the Cancer.

* **Leo**

People born under the sign of Leo like to be touched on their back. Leos hold a lot of stress and tension around their upper back area, so they won’t say no to a deep shoulder and back massage that will release their tension. Moreover, they love to have their back rubbed and their hair played with.

* **Virgo**

Virgo is a focused and hardworking sign that concentrates so much on their work responsibilities that their nerves and temper begin to crumble.

And that feeling of nervousness can lead to digestive problems, stomach acid, and headaches. Virgos love a good full body massage, with a special focus on their middle back area.

* **Libra**

Even though Libras enjoy good health when their feelings are balanced, they usually tend to gather tension around their lower back. This means that a deep tissue massage in the lower back area can do wonders for them.

Pleasure-loving Libras could also benefit from a relaxing head massage because Aries rules the head and it is the opposite sign of Libra.

* **Scorpio**

Scorpio is a sign that rules the sex organs, which means that their genital region is very sensitive to touch.

Deep and passionate, they love massages on their hips and lower back.

However, since they’re very intense with deep emotions, they could really benefit from a massage of their emotional center – the solar plexus.

* **Sagittarius**

Sagittarians rule the hips, thighs, and buttocks, so they tend to have a lot of tension in these areas. Their hips and thighs are very responsive to touch, so Sagittarians will enjoy long and soothing buttock and thigh massages.

* **Capricorn**

Capricorn is one of the most ambitious and determined zodiac signs out there. These people want to succeed at everything and reach their goals, and the rocky climb can take its toll on their legs and knees.

For this reason, Capricorns will benefit from a basic leg massage that will relieve stress and tension in their joints and muscles.

* **Aquarius**

Aquarius rules the ankles and calves, which means that these areas are extremely sensitive to massage.

However, Aquarius people also have a very sensitive nervous system, so they could benefit from a hot stone massage which can help release pain and stress, decrease muscle spasms, and improve sleep.

* **Pisces**

No one loves a good foot massage more than Pisces. This sign rules the feet, so a simple reflexology massage will be very calming for sensitive Pisces.

Since this sign also rules the lymphatic system, a lymphatic massage will help remove the toxins and wastes from their body and provide an overall soothing experience.