

25 Blog Post Ideas

- 1.(Insert #) Ways Massage Helps (type of muscle pain)
2. How soon can I get a massage after surgery?
3. How soon can I get a massage after giving birth?
4. Can Massage Help with Pinched Nerves?
5. (Insert #) Ways Massage Benefits TMJ
6. Massage and Anxiety: (#) of Ways Massage can help Amxiety
7. (Insert Massage modality or trend): How to use this to help with (X) pain.
8. 7 Local Gifts to give your mom this Mother's Day (include a link to purchase your gift certificates and give the businesses shouts on SM)
9. (Insert #) of ways your job contributes to low back pain.



10. (Insert #) of ways your job contributes to neck and shoulder pain.
11. Top tips to reduce neck and shoulder pain
12. (Insert #) ways to reduce remote work burnout.
13. How many times during your pregnancy should you get a massage?
- 14.. Top (insert #) of YouTube videos to help reduce (X) pain
15. My favorite massage service I offer that you may not realize I have.
16. (insert #) TikTok accounts to help restore work-life balance.
17. (Insert #) of ways massage helps with carpal tunnel syndrome
18. (insert #) of ways my massage business is different from a chain spa.



19. Top Tips to take care of your muscles while on long hiking trips.

20. My Take on (X massage myth):

21. How does massage go hand in hand with physical therapy?

22. How does massage compliment chiropractic adjustments?

23. (insert #) reasons your low back may be hurting

24. (insert #) local gifts for Father's Day (insert link to purchase gift certificates and then give shout outs to businesses on SM

25. Top (insert #) stretches to help with (X) pain

