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PAMPER YOURSELF WITH A MASSAGE OR TATTOO

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Whether you're itching for some new ink, or some rest and relaxation, make sure to find time to pamper yourself.

Maintain with a massage

If you're looking to treat yourself to some rest and relaxation on vacation, look no further than a full body massage. It's a chance for the entire body to relax. A massage can also

help those staying active on their vacation with a lot of walking or hiking. "It's never a bad idea to be able to splurge when you're on vacation," said Janna Rarick, owner of [Revitalize Massage and Healing](#) in Fergus Falls.

One of the most common reasons folks might seek a massage is to relieve pain, especially back pain or pain in between shoulders. A lot of driving, such as on vacation, or even sitting at a desk all day at work can create some of those issues between the shoulders and neck, according to Rarick. A massage can help decrease the stress level in the body.

Rarick also encourages massages for maintenance. Those who get

massaged once a month, for example, tend to notice how much better they feel. While many people might view massages as a special, one-time thing to treat themselves, Rarick said you should pamper yourself and take care of your body on a regular basis. "You get to relax and sleep on the table," Rarick said. "You wake up feeling fantastic."



Finding a purpose, community with tattoos

Getting a tattoo is another way of self-care, whether a resident of [Otter Tail County](#) or on vacation. Some people want a specific image for the tattoo, while others might come into a tattoo parlor for a consultation, especially for more extensive pieces like a sleeve.

Getting a tattoo can be a huge confidence builder, said Sam Norman, owner and technician at [The Bee Hive Tattoo Parlor](#) in Fergus Falls. Sometimes people will come into the shop a bit shy and nervous; maybe they haven't felt like they fit into certain groups in the past,

such as

athletics in high school, Norman said. But then they'll come back for a six-session tattoo.

"We've seen it a lot where they come in way more confident, just how they carry themselves and maybe feel like they're part of a large group, the tattoo community," Norman said.

Those getting tattoos often strike up conversations with others getting their tattoos at the same time. Being in the shop for the same reason – getting a tattoo – gives them something in common to talk about. A lot of friendships are made in the tattoo chairs,

Norman said.

Though it might be harder to get a walk-in tattoo done for someone on vacation, it's possible. Some clients also have standing appointments throughout the summer if they're seasonal residents, Norman said.

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