



WHICH IS BETTER...

SWEDISH MASSAGE or DEEP TISSUE?

FITNESS BUFFS NEED BOTH. Deep tissue is often better than Swedish for loosening up tight muscles. But it can be painful when you're sore post-workout, and the long strokes of Swedish are a great way to relieve tension. Ask your therapist for a combo, says Leena Guptha, chair of the National Certification Board for Therapeutic Massage & Bodywork.



WHICH IS WORSE...

EATING or DRINKING TOO MUCH AT A HOLIDAY PARTY?

BE CAUTIOUS WITH COCKTAILS. Beyond alcohol's short-term effects on mood, memory and even balance, just one night of heavy drinking can compromise your immune system, making you more susceptible to infection. A few drinks close to bedtime can also throw off your sleep, causing you to wake up feeling groggy. And drinking may lead to other unhealthy choices throughout the night, says Stephanie Middleberg, R.D., founder of Middleberg Nutrition in New York City. Researchers suspect that alcohol enhances the "short-term reward effects" of food—think beer goggles, but for Brie, brownies and whatever else you spot at the buffet.



We want to hear from you! Tweet @SELFmagazine with your #WhichIsBetter question.