

DEEP TISSUE MASSAGE

How They Work

Deep tissue massages center on realigning the deeper layers of connective and muscle tissue. They aim to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the tense areas going across the fibers of the muscles, tendons, and fascia.

How Does it Feel?

Deep Tissue Massages can cause pain and depending on pain tolerance, it may cause discomfort. Pain or soreness may continue for a few days after. Small bruising may also occur.

Benefits

- Stress Relief
- Increase Range of Motion
- Reduce Chronic Pain
- Reduce Inflammation
- Reduced Pain Perception
- Lower Blood Pressure
- Lower Heart Rate
- Breaks up Scar Tissue
- Makes Movement Easier
- Helps With:
 - Arthritis
 - Injured Muscles
 - Labor and Delivery
 - Plantar Fasciitis
 - And More...

