

Deep Tissue Massage

Deep tissue massage is a corrective bodywork modality focusing on the deeper layers of muscles within our bodies. In a deep tissue massage, the therapist will first warm up the superficial layers of muscle and then apply a strong pressure combined with a variety of techniques to the targeted underlying (deep) muscles. It is very effective at releasing chronic patterns of tension in the body, breaking up adhesions (knots), breaking muscle spasms, elongating shortened muscle fibers, addressing and eliminating scar tissue, increasing range of motion, correcting postural issues and imbalances, and improving the economy of motion. Some people experience discomfort during parts of a deep tissue massage and it is not uncommon to experience some degree of soreness for 24-36 hours after a deep tissue massage. Following this period of "soreness" a notable improvement is almost always experienced. Remember, as a client, you always have control over your session and can at any time ask your therapist to adjust the amount of pressure being applied to your body.