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## Deep Tissue Massage

**everything you need to know about deep tissue massage** - a type of massage therapy, deep tissue massage involves applying firm pressure and slow strokes to reach deeper layers of muscle and fascia (the connective tissue surrounding muscles)'s used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders. **an in-depth guide to deep tissue massage** - deep tissue massage can improve function of the heart and lungs. deep tissue massage is also beneficial to many of the body's internal organs. for instance, a study published in 2008 in the journal of alternative and complementary medicine involved 263 participants who reported muscle spasm or strain. **deep tissue massage - vortala** - deep tissue massage works by physically breaking down these adhesions to relieve pain and restore normal movement. to do this, the massage therapist often uses direct deep pressure or friction applied across the grain of the muscles. will deep tissue massage hurt? at certain points during the massage, most people find there **deep tissue massage - thehealingartsdayspa** - deep tissue massage deep tissue massage is a much more focused type of therapeutic massage. although some of the strokes are similar to swedish relaxation massage, the movement is slower and the pressure is deeper and concentrated on areas of tension and pain in order to reach **deep tissue massage/firm swedish combo** - sauna with massage session. . . . complimentary massage accounts receive a ten-percent discount when you buy five or more massages in advance. (only one discount allowed per service). weekday specials receive a discount when you come in for a massage between 9am and 2pm, monday through friday. (holidays excluded). all massages **massage therapy - barharborinn** - deep tissue massage this firm to deep pressure massage will help to relieve troublesome areas, work out knots, and relax tight muscles. 50min. — \$125 80min. — \$180 therapeutic massage our therapists use a combination of swedish and deep tissue methods to customize your massage, leaving your body well balanced. 50min. — \$115 80min ... **massage - virginia international raceway** - deep tissue massage a deep massage technique designed to release tension and knots---to achieve relief for chronic muscle tension. 90 min/\$125 60 min/\$95 30 min/\$65 therapeutic massage an eclectic massage designed for your speciPc needs using a combination of swedish, trigger points, and deep massage techniques. **massage contraindications cautions & considerations** - massage may reduce high blood pressure and reduce associated stress. infants - tissue is very pliable, sensitive, and in extreme growth, so we'll avoid deep or painful work; ideas of touch develop at an early age, so **massage therapy treatment manual - thera-band academy** - the massage therapy treatment manual was created to offer ideas for safe effective massage treatments using biofreeze pain reliever and proassage heat. the following treatments were designed by professional massage therapists with experience using biofreeze and proassage products in sports and pain relieving practices. the **therapeutic massage techniques - physioblats** - mhhe chapter 4 therapeutic massage techniques 75 foremost, circulatory massage, such as swedish massage, increases circulation. the in-dividual cells of the body depend on an abundant supply of blood and lymph. these fluids supply nutrients and oxygen to the body as well as carry away wastes and toxins.

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