

Deep Tissue Massage



Location **South East, West Sussex**
<https://www.freeadsz.co.uk/x-592955-z>

This is a genuine therapy, no sensual or naturist massage enquiries please.

Each massage will be tailored to focus on what is needed by the client, be it pain relief in a specific area, sports injury, improved sports performance, recovery from a workout, tension relief or the need for time out to de-stress and relax. We will treat you as a whole person and healing will be done with that in mind.

Pain and tension does not only come from strain, injury or tension in a muscle, but also from an internal imbalance of the body and previous and present emotional stresses and trauma. Your massage, depending on your needs, may incorporate some or all of the following. (We may also suggest supporting modalities and home exercises if needed)

Deep-tissue massage targets the deeper layers of the muscles as well as the more superficial ones, where soreness typically begins. Although deep tissue massage can incorporate firm pressure it is not necessarily painful.

Myofascial release - releases fascia which is 'stuck' move freely again, which relieves pain and improves flexibility. Fascial restrictions do not show up on CAT scans, MRI's or X Rays so many patients are suffering unresolved physical and emotional pain due to undiagnosed fascial trauma.

â€Trigger point therapy works on specific pain areas. It is specifically designed to tackle the source of pain and release constricted areas in the muscles, thus alleviating the pain. A significant decrease in pain can be felt after just one treatment, but as a general rule, chronic pain is usually dealt with by weekly massages for 3-6 weeks followed by monthly massage which will maintain health and wellness and keep pain at bay.

â€Hot stones target sore areas, and increase circulation, which support a faster post-workout muscle

repair and ease general pain. They are also nurturing and comforting and an excellent muscle relaxant. They are extremely beneficial after a workout as they have been found to, on average, they are 20% more effective in reducing muscle soreness than a non-hot stone massage or those without a relaxing session where the client is not fully relaxed.

Proprioceptive Neuromuscular Facilitation Stretching(PNF) is ideal for hyper-mobile and more agile clients. It is also great for those who need rehabilitation or recovery from injury and those who want to strengthen as well as stretch the muscle.

Active Isolated Stretching (AIS) is for the more active client or those wanting to be more active. It is ideal for sports people who require strength and more rapid flexibility

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