



## DEEP TISSUE MASSAGE



### What is Deep Tissue Massage?

- An oiled table massage
- A vigorous oiled massage
- Focuses on the deeper layers of muscles
- Treatments can be tailored to specific conditions
- Clothing is removed

Deep Tissue Massage helps to loosen muscle tissues, and the build up of tension. It is very often used to relieve chronic muscle and soft tissue pain or injury.

### Positive results:

- Releases toxins & deep seated tension
- Improves flexibility and relieves pain
- Enhances the circulatory and lymphatic systems

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