

### Deep Tissue Massage



Deep Tissue or Deep Remedial massage is based in Holistic massage, but works in more detail on specific areas and uses special techniques to access the deeper muscles and connective tissues. The aim is to correct deep seated tensions accumulated through poor emotional and/or postural habits.

Deep Tissue Massage is a massage technique that focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the fibres of the muscles, tendons and fascia.

Deep tissue massage is used to release chronic muscle tension through slower strokes and more direct deep pressure or friction applied across the grain of the muscles not with the grain. Deep tissue massage helps to break up and eliminate scar tissue. Deep tissue massage usually focuses on more specific areas and may cause some soreness during or right after the massage.

Pain: your body's way of asking you to change something...

**60 minutes— £45.00**