

# Deep Tissue Massage

Deep tissue massage feels good and it is beneficial to health. When muscles are stressed, they block oxygen and nutrients, leading to inflammation that builds up toxins in the muscle tissue. The purpose is to "unstick" the fibres of a muscle while releasing deeply-held patterns of tension, removing toxins, while relaxing and soothing the muscle.

It is both corrective and therapeutic. A deep-tissue massage helps loosen muscle tissues, release toxins from muscles and get blood and oxygen circulating properly. It aims to release the chronic patterns of tension in the body.

Deep tissue massage helps to break up and eliminate scar tissue, usually focuses on more specific areas.

**1 hour \$110**