

### **Sports Massage**

Sports Massage is typically used before, during, and after athletic events. The main purpose of this type of massage therapy is to help alleviate the stress and tension, which builds up in the body's soft tissues during physical activity. Where minor injuries and lesions occur, due to overexertion and/or overuse, massage can break them down quickly and effectively.

The purpose is to prepare the athlete for peak muscle performance, to drain away fatigue, to relieve swelling, reduce muscle tension, to promote flexibility and to prevent injuries. Sports massage can help prevent those niggling injuries that so often get in the way of performance and achievement, whether a person is an athlete or a once a week jogger.

It can also reduce the heart rate and blood pressure, increases blood circulation and lymph flow, reduce muscle tension, improve flexibility, and relieve pain.

**1 hour \$110**