

***Deep Tissue Massage*** uses slow deep strokes and deep finger pressure and is applied to the body on the areas that are the most restricted. The muscles generally feel contracted and stiff. Deep tissue massage is effective at breaking up adhesions, increasing the muscles range of motion and releasing the spasms. It is also the key to reaching the deepest portions of muscles, specifically the individual muscle fibers. We utilize deep muscle compression and friction along the grain of the muscle to purposely unstick the fibers of the muscles and release both the waste products and the deeply held patterns of tension. Massage therapists will use their fingers, thumbs or occasionally even elbows to apply the needed pressure.