

Massage for Sports & Fitness is a special form of massage typically used before, during, and after sporting events to prepare the athlete for peak performance. It helps to drain away fatigue, energize you and help reduce inflammation. It also relieves muscle tension, improves and promotes flexibility and can aid in injury prevention. Depending on the needs of the athlete, a variety of techniques are used including classic Swedish strokes, Deep Tissue massage, cross-fiber friction, trigger point and stretches. This massage is designed to help you train better, whether you're a world class athlete or a weekend warrior. Keeping your muscles in optimum shape help you stay focused on the competition. Post-event massage pushes waste products out of the body and aids in muscle recovery time.