

Bonne Santé

Therapy Centre

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DEEP TISSUE MASSAGE

Deep tissue massage is a form of bodywork that works on the physical, mental and emotional levels. It is designed to relieve pain caused by muscular tension and stress induced muscle discomfort.

The aim of the therapist is to work with the troubled tissues at a deeper level to relax, lengthen and release the chronic patterns of tension in the body. This will aid relaxation and restore comfort and harmony to the whole body.

On a subtle level the technique follows certain energy channels, the meridians, freeing long held traumas that are held in the tissues therefore releasing them.

Benefits include:

- Releases deep muscular tension
- Realigns muscle and fascia
- Improves posture by breaking poor postural habits
- Releases emotional tension
- Helps relieve pain
- Clears energy pathways within the body
- Increases flexibility
- Increases vitality

A Centre of Excellence for Complementary and Alternative Therapies and Beauty Treatments in Comfortable and Relaxing Surroundings for Male and Female Clients