

## Deep Tissue Massage

Deep tissue massages are meant to "unstick" the fibers of a muscle while helping to release deeply-held tension, remove toxins, relax and soothe the muscles. This form of massage is both therapeutic and corrective. This technique focuses on the deeper layers of muscle tissue. Deep tissue massage's main goal is to release chronic tension patterns through slow strokes and deep pressure on the contracted areas. This technique goes along the fibers of the muscles, tendons and fascia. Deep tissue massage aids in the break up and elimination of scar tissue. This massage technique focuses on more specific areas and causes temporary soreness the night of the massage. If done properly, you will feel your best in a day or two.

### Why get a Deep Tissue Massage?

Deep tissue massages feel good and is beneficial to your health. Stressed muscles block oxygen and nutrients which causes inflammation and build-up of toxins in the muscle tissue. Deep tissue massage helps to loosen muscle tissues, toxins and enhance blood and oxygen to circulate properly. After this massage, drinking extra water is recommended to flush out the toxins from the body.

### How does Scar Tissue form in the muscles?

The toxic environment we live in poisons our bodies, which is breeding ground for scar tissue and crystallization build-up, which leads to irritation and inflammation. This in turn, creates more Lactic Acid to build in your muscles and cause more soreness and pain. Our blood system bathes tissues by bringing oxygen and nutrients to the cells and carbon dioxide and toxins from the cells. This extra build-up in the muscles, tendons and ligaments increases pain and lack of movement.

When we injure our muscles, scar tissue attaches itself to the tendons and the origin and insertion points. This "protective device" enables movement of larger muscle groups, which in turn restricts and immobilizes smaller muscle groups. X-Rays and Ultrasounds do not detect scar tissue and can only be identified by a certified massage therapist.

### Testimonials:

"I had a back injury from heavy lifting&hellip;after several deep tissue sessions, the pain was gone!" &ndash; D.G., Park Ridge, IL

"I worked at a computer all day and my upper back was always sore and tense, but my massage therapist helps rid me of the annoying pain I experience." &ndash; K.P., Chicago, IL

"I felt like a million bucks two days after my massage!" &ndash; C.N., Darien, IL