

# DEEP TISSUE MASSAGE

## THE BENEFITS TO DEEP TISSUE MASSAGE

Deep tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints). A study in the *Journal of Alternative and Complementary Medicine* found that people's blood pressure fell after a single 45 to 60 minute deep tissue massage. Additionally, a 2010 meta-analysis in the *Journal of Clinical Psychiatry* found that massage modalities like deep tissue reduce stress hormone levels and heart rate while boosting mood and relaxation by triggering the release of oxytocin and serotonin.

Very deep techniques, loosens muscle fibers, separating them from one another so they can act freely, with more flexibility. It helps lengthen shortened muscles, eliminates fatigue, relieves swelling, reduces chronic muscle tension, breaks up scar tissue and eliminates lactic acid build up.