

Deep Tissue Massage

Massage therapists are known for the wonderful work that they do in both physical and emotional therapy. One of the most popular new areas of this important therapy is the deep tissue massage.

Deep tissue massage is a modern style of massage that is dramatically gaining the interest of people throughout the world. Thousands, if not millions, of people rely on deep tissue massage as an excellent therapeutic practice.

The deep tissue massage is basically a massage technique that focuses on the deeper layers of muscle tissue. It involves a number of slow movements, with more intense pressure aimed to release the chronic patterns of tension in the body. The contracted areas are the most common targets of these movements and deep finger pressure. The deep tissue massage therapist will either follow or go across the muscles of the fiber, fascia and tendons.

Deep Tissue Massage Benefits

There are a number of benefits to receiving a deep tissue massage. Initially, the therapist has the power to release chronic muscle tension by using slower strokes and deep finger pressure applied across the grain of the muscles, rather than with the grain. Deep tissue massage also assists the body in breaking up and purging scar tissue. However, unlike other types of massage, the deep tissue massage focuses more on specific areas of the body, and the recipient may feel some soreness during or immediately after the massage session. This can certainly happen if the massage is performed without much care and focus; but if done correctly, you will likely leave the table feeling better than ever.

There are other, more important benefits that the deep tissue massage can provide. This type of massage may actually be beneficial to your health. Numerous studies have shown that when the muscles are stressed, they block nutrients and oxygen in the body, and this may lead to inflammation. This inflammation can actually cause toxins to build up in the muscle tissue, leaving you feeling tired and even more stressed. Deep tissue massage has the power to help loosen the muscle tissues and relax the toxins from muscles. It also increases the circulation of blood and oxygen. Many of these toxins are released through deep tissue massage, so it's important to drink plenty of water after your massage session to flush the toxins from your system.

After Your Deep Tissue Massage

Many people expect to be subjected to a great deal of physical pressure at a deep tissue massage session. They believe that the therapist has the power to push hard enough and eliminate all of the knots and stress in a single one-hour session. Of course, this just won't happen. They're massage therapists, not miracle workers. You've spent a lifetime to amass your chronic knots and tensions. Undoing them is best done through an integrated program that includes not only deep tissue massage, but also exercise and a series of movement and relaxation techniques.

If you're looking for pain or tension relief, there are many different types of massage to consider. While the deep tissue massage technique is certainly valuable in freeing the body of pain, tension and other discomforts, it's not your only choice. Visit a massage clinic or ask your doctor about the massage style that's best for you.