

OUR MASSAGE SERVICES

Sports Massage uses different sport-specific techniques aimed at increasing athletic performance, decreasing recovery time and preventing injuries.

Kinesio Taping is a therapeutic and rehabilitative technique used to enhance athletic performance and protect muscles from injury or fatigue. It is also used to treat injured, overused or weak muscles.

Myofascial Release is a highly specialized stretching technique that involves applying gentle sustained pressure into the connective tissue restrictions to eliminate pain and restore motion. Uneven stress can be transmitted through the fascia to other parts of the body, causing pain and a variety of other symptoms in areas you may not expect. Myofascial Release treats these symptoms by releasing the uneven tightness in injured fascia.

OVERVIEW OF OUR MASSAGE THERAPY SESSIONS

Generally, the preferred massage session lasts 60 minutes, however, sessions can last anywhere from 15 to 90 minutes or longer depending on the person's physical condition. Sessions can vary considerably to meet individual needs and preferences, from a simple hand or foot massage to a complete body massage. Sometimes focused attention will yield the greatest benefit.

The frequency of sessions will be based on individual needs and sessions can range from twice a week to monthly. Physical benefits tend to increase with regular and frequent sessions. It is important that the massage therapist be updated before each massage session about changes in an individual's physical condition.

OUR MASSAGE THERAPY PRICES

30 minutes - \$40

60 minutes - \$70

90 minutes - \$105

Kinesio Taping prices differ depending on the level of application