



WELLNESS IN VILLA DEEP TISSUE MASSAGE

DESCRIPTION

Deep Tissue Massage is a therapeutic technique that targets the deeper layers of muscles and connective tissues. By applying intense pressure and slow movements, it aims to relieve chronic tension, reduce pain, and improve mobility. The technique focuses on specific areas of tension and stiffness, often using elbows and forearms to treat deep muscle tissue. This massage is especially beneficial for those experiencing persistent pain or muscle stiffness, as well as for individuals recovering from injuries. It can also help reduce stress and improve posture.

TIME

60 Minutes.

EQUIPMENTS

All the necessary equipment for the activity will be provided by the teacher.

