



## **Granite Falls Massage Therapy Menu**

<b>Deep Tissue:</b>	<b>30 minute</b>	<b>\$55</b>
	<b>60 minute</b>	<b>\$75</b>
<b>Swedish:</b>	<b>30 minute</b>	<b>\$40</b>
	<b>60 minute</b>	<b>\$60</b>
	<b>90 minute</b>	<b>\$90</b>
<b>Trigger Point:</b>	<b>60 minute</b>	<b>\$75</b>

**\*Add Aroma Therapy to any session for \$10\***

**Available to Members & Non-Members**

**By Appointment Only**

**Come by the front desk or call 919-562-8895**

## **SWEDISH**

The goal is relaxing the entire body and this is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. Additional techniques include circular pressure applied by the hands and palms, firm kneading, percussion-like tapping, bending and stretching. Lotion is often used to reduce friction and stimulate the skin.

Swedish massage is exceptional for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

## **TRIGGER POINT**

A trigger point is a tight area within muscle tissue that causes pain in other parts of the body. A trigger point in the back, for example, may trigger pain in the neck. The neck, now acting as a satellite trigger point, may then cause pain in the head. The pain may be sharp and intense or a dull ache. Trigger points are caused by muscle overuse or injury, and because the aches are associated with moving parts, the pain is commonly mistaken for arthritis.

Trigger point work is specifically designed to alleviate the source of the pain through cycles of isolated pressure and release. In this type of massage the recipient actively participates through deep breathing as well as identifying the exact location and intensity of the discomfort.

The result of trigger point massage is the elimination of toxins in the muscles and the release of energizing endorphins. A significant decrease in pain is often found after just one treatment.

## **DEEP TISSUE**

Deep tissue massage is similar to Swedish massage but is used to target knots and release chronic muscle tension. Other benefits include reducing inflammation and helping to eliminate scar tissue. The focus is on the deepest layers of muscle tissue, tendons, and fascia (the protective layer surrounding muscles, bones and joints). Deep tissue massage uses strokes across the grain of the muscles, not with the grain as in Swedish massage. The more intense movements and techniques such as deep finger pressure may be slightly uncomfortable and cause soreness that lasts a couple of days before resulting in the desired relaxation and pain relief.

## **SPORTS**

Aspects of massage are gaining popularity as useful components in a balanced training regimen. Sports massage can be used as a means to enhance pre-event preparation and reduce recovery time for maximum performance during training or after an event. Athletes have discovered that specially designed massage promotes flexibility, removes fatigue, improves endurance, helps prevent injuries, to compete at their absolute best.

