

Massage

Massage Services

Swedish is a combination of long rhythmic strokes, kneading and friction techniques and superficial layers of the muscles, combined with active and passive movements of the joints.

Deep Tissue releases chronic patterns of tension in the body by using slow firm pressure on the contracted areas and/or trigger points. The focus on deeper layers of muscle tissue and fascia facilitates the breakdown of adhesion, and relief from muscle soreness.

Sports Massage concentrates on muscle groups that are used for a particular event or activity. This technique can enhance an athlete's endurance and performance by decreasing the chances for injury as well as reducing recovery time. Focus is on the prevention and/or correction of misalignments of the spine and joints caused by tight or irritated muscles. Aimed at restoring strength and balance to muscles.

Myofascial Release is a traction technique that releases tension from the body's connective tissue, freeing constrictions/blockages. MFR aids in poor posture, injury, illness, stress and restores balance to the body.

Pregnancy Massage Supports the expectant mother so that she can comfortably relax even in her second or third trimester. During pregnancy the human body undergoes many changes, some of them stressful and very uncomfortable. Massage addresses common aches and soreness associated with pregnancy

Shiatsu and Acupressure are oriental-based systems of applied pressure, which focus on points along the body's meridians. This technique helps restore and rejuvenate the body's internal balance.

Fees

1½ hour	\$110.00
1 hour	\$ 85.00
½ hour	\$ 50.00

Appointments must be cancelled at least 24 hours before session or you will incur a \$50 cancellation charge.

Packages Available

3 one-hour sessions	\$230
6 one-hour sessions	\$460
12 one-hour sessions	\$920

Massage is available by appointment.

Please check with the front desk for appointment times and availability, or book online at www.sportsplex-ct.com

Gratuities appreciated.

Non-Members Welcomed.

**SPORTS
PLEX**