

Massage Services

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

Myo-Facial Release Gradual traction and deep compressive pressure which loosens deep muscle layers via the body's connective tissue surrounding each muscle and/or muscle group.

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

Muscle Release Technique is a unique injury therapy that combines compression, extension, movement and breath to give the therapist a tool to provide, in many cases, relief from pain in one treatment. With the Muscle Release Technique, scar tissue is broken up, the muscle is lengthened, muscle memory is restored and relief from pain starts immediately.

The Rossiter System eases, relieves and prevents pain because it directly tackles the causes of pain. Tightness, pain, throbbing, aching and limited movement in muscles and joints occur because surrounding connective tissue has shortened and tightened from overuse and repetition. The Rossiter System's stretching techniques loosen entire areas of connective tissue, restore mobility and circulation. The result – effective pain relief and free movement.

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.

Massage Therapists

Leon Morano

Jon Wilson

Anna DiFabio

Luis Monterosso

Fees

Members:

1½ hr. \$100.00

1hr. \$ 75.00

½hr. \$ 45.00

Non-Members:

1hr. \$ 85.00

½hr. \$ 50.00

Packages Available

3 one-hour sessions

Members \$210

Non-Members \$240

6 one-hour sessions

Members \$430

Non-Members \$480

12 one-hour sessions

Members \$825

Non-Members \$960

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.

For more information contact contact Leon Morano at ext 275