

# The Benefits

of

## Massage Therapy



### **Supports your fitness and sports program**

- Relieves tired and sore muscles
- Improves flexibility of joints
- Increases range of motion
- Reduces anxiety of competition

### **Alleviates problem and chronic conditions**

- Tension
- Muscle pain
- Stress and anxiety

### **Combats the negative effects of aging**

- Improves blood and lymphatic drainage
- Improves immune system functioning
- Relieves stiff and sore muscles
- Promotes healthy vibrant skin

### **Complements other health givers**

- Chiropractic care
- Physical and Occupational Therapy
- Psychotherapy

## New to Massage Therapy

Years of research shows that massage therapy is no longer just for relaxation. The medicinal benefits offered by therapeutic massage can have a positive, lasting impact on your health and lifestyle. But, if you haven't had much experience with massage therapy, you might be wondering what to expect.

## The Best Treatment For You

The choice is always yours. You can select the massage treatment that best fits your needs all for the same affordable rate. If you aren't certain what type of massage you would enjoy most, our experienced Massage Therapists will meet with you prior to your massage to help determine the best customized therapeutic massage for you.



# Massage



The Westboro Tennis and Swim Club

35 Chauncy St.

Westboro, MA 01581

508-366-1222

[www.thewestboroclub.com](http://www.thewestboroclub.com)



# Professional

## Convenient

## Affordable

Our experienced Massage Therapists meet or exceed all local certification and licensing requirements so you're always in good hands.

### Massage Hours

Monday	9am-1pm (alternating weeks)
Tuesday	3pm-8pm
Wednesday	9am-1pm (alternating weeks) 3pm-8pm
Thursday	12:30pm-5:30pm
Friday	9am-1pm (alternating weeks)
Saturday	9am-3pm

### Package Options

	Single	5 Pack
<u>30 Minutes</u>	\$ 40.00	\$175.00
<u>45 Minutes</u>	\$ 55.00	\$243.75
<u>60 Minutes</u>	\$ 70.00	\$312.50
<u>90 Minutes</u>	\$ 100.00	\$445.25

- 24 Hour Cancellation Policy
- Non-Members may book no more than 3 days in advance and are not eligible for massage packages

# List of Services

## **Swedish Relaxation Massage**

Swedish massage is the style that comes to mind when most people think about massage. It was developed in Stockholm a couple of centuries ago and is the most common and best-known type form of bodywork performed today.

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.



## **Deep Tissue Massage**

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 Massage**

Sports massage is geared toward athletes of every kind, from world-class professionals to weekend joggers. The particulars of the massage are specific to the athlete's sport of choice and are often focused on a particular troublesome area like a knee or shoulder.

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, and prepares them to compete at their absolute best.

## **Trigger Point Therapy**

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 point massage 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.