

Zen Zone Sports Massage

45 minutes: \$65;



There are few older forms of medical treatment than massage, which athletes have been taking advantage of since the first Olympic Games. Our Zen Zone Sports massage makes use of deep localised pressure techniques, broad massage movements and stretching.

Although the obvious benefit of sports massage and deep tissue massage is for athletes who have suffered sports injuries, they are also suitable for office workers, dancers and any other non-athletes who stand to benefit from treatment of their muscles and soft tissues.

As an experienced and capable sports therapist, Celeste Wolf offers sports massage that is perfectly suited to your individual needs.

What are the benefits of sports massage/deep tissue?

Sports massage/deep tissue massage can...

- Improve training
- Prevent injury
- Improve self-awareness
- Improve performance

Sports massage improves blood flow through your tissues, which allows you to recover faster from hard training. This, in turn, means that you can train more safely and effectively. Sports massage prevents delayed onset muscle soreness and reduces tension in your muscles, in addition to helping to improve flexibility.

Sports massage also improves lymphatic drainage and lymphatic flow and assists in the removal of metabolic waste. It also helps to supply the tissues with essential nutrients for the best possible recovery.

Pre-event sports massage is particularly popular with many athletes for relieving nervous tension and stimulating circulation, which allows them to perform at their optimum level.

Prevent injury with sports massage Zen Zone Massage

Not only does sports massage promote recovery from injury, but it also helps to prevent an injury from occurring in the first place. This is because it identifies imbalances and damage in deep tissues at an earlier stage, therefore allowing it to be potentially corrected before an injury develops.

Sports massage allows you to monitor your own condition and accordingly alter your training, whilst it also allows us to give you advice on specific training, stretching and equipment for the improvement of your performance.

Sports massage at Zen Zone Massage from Celeste Wolf