

## What is a Deep Tissue Massage?

Deep tissue massage therapy is analogous to Swedish massage but with a [deep tissue massage therapy](#). Our deep tissue massagers apply slow, firm pressure to release muscle tension. The main target is on the deepest layers of muscle tissue, tendons, and fascia.



## What happens during the massage?

Before your massage, your massage therapist will want to understand your problem areas. So, the deep massage can involve your entire body or simply one area. Once in our treatment rooms, you'll be asked to lie on your back or stomach, under a sheet. Your level of undress is predicated on your comfort, but the world being worked on will get to be exposed. The massage therapist will warm up your muscles employing a lighter touch. Once you're warmed up, they'll start performing on your problem areas.

So, why wait? Schedule your first appointment!

## The Benefits of a Deep Tissue Massage Therapy

Deep tissue massage offers both physical and psychological benefits. This deep massage may improve circulation, reduce minor aches and pain, increase range of motion, and ease inflammation. Also, it can assist you to unwind mentally. Our Massages can:

General Benefits of Deep Tissue Massage Therapy.

### 1. Improve the range of movement

Muscle tension limits the range of motion. Massages stretch the muscle cell. They improve tissue elasticity and release tension. Massages restore mobility.

### 2. Better Recovery

Massage reduces recovery time. Also, it increases the permeability of muscle tissue and eliminates carboxylic acid.

### **3. Increase muscular tonus**

Increases circulation to enhance muscular tonus. Therapists use special techniques to maneuver fluid through the blood vessels. It helps improve the muscular tonus. So, tissues will get the nutrients needed for growth and repair.

### **4. Prevent sports injuries**

Therapists identify and treat muscle tension.

### **5. Psychological state**

A massage improves the psychological state. A massage can reduce stress.

### **6. Treats chronic back pain**

This treatment improves pain faster compared to other therapeutic massages.

### **7. Helps reduce high vital sign**

It has positive effects on vital sign readings.

### **8. Reduces stress, anxiety**



The advertisement is a horizontal banner. On the left, there is a dark red background with white text. At the top left is a logo for 'EAST PEARL SPA BEAUTY SPA SALON' featuring a stylized lotus flower. Below the logo, the text 'Deep Tissue Massage Therapy' is written in a large, white, serif font. Underneath this, there is a small white button with the text 'Contact Us'. At the bottom left, the website 'www.eastpearlmasage.com' and phone number '(626) 244-6067' are listed. On the right side of the banner, there is a photograph of a woman lying on her side on a massage table, receiving a deep tissue massage on her back. A therapist's hands are visible on her back. In the foreground, there is a small white candle with a pink flower and some reed diffusers.

### **Are you recovering from an injury or illness?**

Our massage therapy is efficient thanks to helping treat common conditions. Massage helps reduce pain and discomfort. It also improves the body's ability to heal.

Our massage service is sweet for:

- Sports injuries
- Fibromyalgia
- Plantar fasciitis
- High vital sign
- Sciatica
- Tennis elbow

It is vital to possess a licensed therapist. That is, you would like people specialized in techniques for treating specific body conditions.

You can relax, and luxuriate in knowledgeable massage today.

### **Where is that the best massage in Tacoma?**

Looking for a [deep tissue massage therapy](#) near me? Then look no further, East Pearl Massage is all you would like.

East Pearl Massage team is licensed, educated, and trained altogether medical procedures and coverings provided to make sure the very best level of look after every patient.

Furthermore, our team members are experts in determining what each patient needs and in recommending customized treatment plans. During your consultation, we'll discuss your goals and are available up with a treatment decide to assist you to achieve your required improvements. You'll have the chance to ask any questions regarding the treatment plan before making a choice.

#### **Trained Therapists**

Our Certificated team is in a position to:

- Treating tense particular areas.
- Offering tips to enhance posture.
- Exercises and stretching.
- Offering tips for improving relaxation.
- We also offer hot stone massage

### **The best deep tissue massage therapy**

We invite you to experience the relief of muscle tension with a deep tissue massage. Our certified massage team applies a mixture of techniques in order that you receive a deep massage that releases toxins and restores your muscles.

Get all the advantages once and for All!

- Excellent for Pain Relief

- Improve sleeping
- Enhance body function
- Best healing process
- Decreases spasm
- Decrease Muscle tension
- Break up adhesions and connective tissue

### **What do I buy from a deep tissue massage?**

Deep tissue massage therapy in east pearl massage offers maximum relaxation. Our massage technique uses slow, deep movements. Our professional team uses firm pressure, specially designed to alleviate severe tension. The most goal is to succeed underneath the superficial muscles. We would like to eliminate knots and contractures. Deep tissue massage is great for people that experience constant pain and discomfort.





## Deep Tissue Massage Therapy

Contact Us

[www.eastpearlmasage.com](http://www.eastpearlmasage.com) | (626) 244-6067

### **Why choose us.**

Our massage offers immediate relief from body aches and pains. For a deep tissue massage, you want to apply pressure together with your hands, arms, and weight on the muscles of the patient. It's necessary that the person is well relaxed. The therapist can apply [deep tissue massage therapy](#) to the rear, arms, and legs, or other affected areas.

Our team has extensive training. We will recognize and proper critical areas. You'll begin looking rejuvenated. Our team removes knots and balances the muscles. Additionally, it improves range of motion and promotes comfort.