

Deep Tissue Sculpting

This form of bodywork is focused on relieving areas of tightness and holding in the body. Relieving stress and strain from everyday activities and or injuries. Bringing relief, relaxation, and rejuvenation. The work is based on allowing the tissue to dictate the **depth** and **speed** of the work. As the tension and holding melts away, it in turn allows localized blood flow to the tissue, bringing nutrition and enhancing waste removal. It can free up adhesions and increase joint mobility. When people hear the words “Deep Tissue” they may associate it with painful bodywork. This form of deep tissue work is not be painful and it will achieve therapeutic and lasting results.