

Blue Tree Massage
News

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Jump back into routine without the pain!



For many of us, Fall is when we get back into the rhythm of our normal sport routines. This can result in sore, achy muscles that are too coming back from vacation.

We have just the solution: Sports Massage and Deep Tissue.



If you expect more from a massage than only relaxation, a Sport Massage or a Deep Tissue Massage can treat your muscle ache and help keep up your sport activity.

Often confused, these massages do have similarities in the techniques used. However, they are very different in what they accomplish.

To better understand both treatments and choose the massage to fits to your needs please continue reading.

The Sports Massage

As it's name suggests, **the Sports massage** is recommended as part of a sports program for many professional athletes or those who train several times week.

Practiced before or after a workout, this massage helps to warm up the body and prevent or reduce cramping or injury.



It can help to improve performance and recovery time.

It keeps the body in better condition; it increases mobility and boosts its performance.

It reduces muscle tension. It also calms the mind for better concentration during the sport exercise.

Sports massage is a combination of several massage techniques that will be applied to the muscles or areas affected by your sport.

After a massage you feel lighter, more flexible and more powerful.

A good reason to have a sports massage is to help your muscles, tendons and joints stay in good shape.





While most athletes prefer a massage after sport, for better recovery by relaxing muscles and eliminating accumulated toxins, **massage before sport activity also has its benefits.**

Before sport massage will warm up the muscles, stimulates and prepares your body for the stress sport can induce and thus improve performance.

Francois L. (Villefranche) provided this testimony: *"7 months ago I've started an intensive training for the Nice marathon. My legs felt so tight and painful. It was impossible to continue like this. So I've decided to have after each run a sports massage. Immediately I felt the benefits. My legs are more flexible, less painful and the recovery is so much quicker. Thank you Blue Tree Massage for your support! "*



Deep Tissue Massage

The main objective of a **Deep Tissue massage** is to treat a specific, painful muscle whether linked or not to sport activity.

Therefore, the population concerned is much important.

It is a massage **recommended to battle chronic pain, knots and contracted muscles** such as the neck, shoulders, upper and lower back or legs.





The massage techniques can, for some, be the same used in other massages (eg Swedish or Sports massage) but **the movements are slower**, only concentrated on a few painful areas, and **the pressure is stronger and deeper**.

The goal here is to reach the underlying layer of muscle and fascia (connective tissue).

A deep tissue massage can induce, along the treatment, discomfort and pain in the affected area.

It is therefore important that the client and the therapist communicate during the treatment **to indicate the pain or intensity of the discomfort**.



The massage can **provide a great sense of relief, especially when knots are dissolved**.

John P. (London) tells about his experience of a Deep Tissue massage: *"I regularly have back and neck pains due to my very stressful life and poor posture. I took the opportunity during my holiday in Mougins, to book several massages by Roel from Blue Tree Massage and I must say he was perfect! The precise and deep pressure was just what I needed to feel instantly relieved. Thank you again."*



Do it yourself: Self massage with a tennis ball

After sports or strenuous activity you can relieve tension and ache from the trapezius and spine area with a tennis ball.

Just place it on the tense area and press more or less depending on the intensity you want, or roll the ball over the area.

You will feel immediate relief and relaxation.



For the back, stand up against a wall or lie on a hard surface. Place the tennis ball between the painful area of your back and the wall.

Apply pressure on the ball and slowly move your back sideways, upwards or make circular movements.

You can use 2 balls if you like, but in this case put them in a sock so they stay together.

For the foot, place your foot on the tennis ball and press firmly.

Again move your foot in different directions to cover the painful area.

You will enjoy pain relief and relaxation as it will create a mini foot reflexology.



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info@bluetreemassage.com

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