

Deep Tissue / Therapeutic Massage

Certified MMP (Medical Massage Practitioner)

Deep tissue or therapeutic massage is a form of bodywork that aims to relieve tension in the deeper layers of the myofascial in your body. Deep tissue massage is a highly-effective method for releasing chronic stress due to misalignment or other key components.

We, as massage therapists, have to keep up on our continuing education every two years. I take other classes that help for these to become my tools to give you best and most effect massage. Then we discuss the appropriate path.

It is also important to understand that one massage might not get rid of all your pain, tightness or choric issues depending on the onset, and the length of time before seeking treatment.

As your massage therapist, I will help you with a treatment plan so that your self-care becomes a daily regiment and is more manageable. Sometimes, we may need to seek other professional options or services in the healing process.



Molly's
Massage & More