



POST SPORT'S EVENT MASSAGE

**RSVP MIDPOINT @ HOME2SUITESHILTON,
BELLINGHAM, FRIDAY 8/17**

BOOK YOUR MASSAGE [HERE](#)

Post-Event Massage focuses on speeding the athlete's recovery after a sports event by increasing blood and lymphatic circulation, reducing muscle tension and calming the nervous system. **Mobile Massage Squad's** Licensed Massage Therapists use effleurage, petrissage, broadening compression, joint mobilization, and passive and assisted stretching to that end.

- Effleurage (a long fluid stroke applied with the palm of the hand), which stimulates blood supply, relaxes muscles and calms the nervous system.
- Petrissage (a kneading, wringing, lifting stroke), which stimulates vascular and lymphatic movement and facilitates removal of lactic acid from the tissues.
- Broadening Compression (a simultaneous stretching and compression of the muscle), which mimics healthy muscle action of full elongation and contraction.
- Joint Mobilization (passive movement of the limbs) which stimulates synovial fluid in the joints of the hips, knees and shoulders promoting full range of motion.
- Passive and Assisted Stretching, (passive and active movement of the limbs) which helps to increase and maintain healthy muscle and soft tissue flexibility.

20 - MINUTES \$40

30 - MINUTES \$60

Cash or Cards accepted — please pay at time of service