

Best Salt Lake City, UT Deep Tissue Massage

[matrixmassagepa.com /service/deep-tissue-massage-salt-lake-city/](http://matrixmassagepa.com/service/deep-tissue-massage-salt-lake-city/)

Additional Info:

- Duration: 60-90 Minute Massages
- Service Amount: \$65 to \$155
- Make an Appointment: [Book an Appointment](#)

[Request an Appointment!](#)

100% Satisfaction Guaranteed



What is Deep Tissue Massage?

Deep Tissue Massage, as the name suggests, **is a therapy used to release chronic muscle tension by slower, deeper, and more direct touch**. Deep tissue massage locates ingrained areas of discomfort and slowly opens them. This massage technique uses slower, more-forceful strokes to target the deeper layers of muscle and connective tissue, commonly to help with muscle damage from injuries. Your body is composed of different layers: muscle, blood, bone, tendons and tissues. This type of massage attempts to target the right areas by applying the correct amount of pressure and working out any kinks.

We received “Best Deep Tissue Massage in Salt Lake City” AWARD from City Weekly in 2007 and 2012

Deep Tissue Massage Benefits include:

A deep tissue massage **reduces pain** because it loosens up muscles that have been bunched together for quite some time. When muscles stay tight without any relief, it can lead to discomfort, spasms or injury. Massage has been **proven to help with common athletic problems such as tennis elbow or plantar fasciitis**, and its particularly helpful for those who have trouble with their calf muscles. It **can break up scar tissue within the muscle after injuries or surgeries**, which can promote healing and decrease chances of relapse. When the therapist pays attention to working on and through the knotted muscles and tissues, it **increases blood flow and decreases stress**. In fact, according to the [Journal of Complementary and Alternative Medicine](#) saw that blood pressure falls after just one massage, and it can promote a healthier lifestyle as it has been shown to reduce stress and boost the level of serotonin in your body.

- Anxiety
- Digestive disorders
- Fibromyalgia
- Headaches
- Insomnia related to stress
- Myofascial pain syndrome
- Paresthesias and nerve pain
- Soft tissue strains or injuries
- [Sports injuries](#)

- Temporomandibular joint pain

Will Deep Tissue Massage Hurt?

If you're used to Swedish massages, it's definitely going to feel a little rougher. However, you should always communicate with your massage therapist if the pressure is too much. If you're tensing up and muscle guarding during a deep tissue massage, the benefits of the massage may be hindered.

After a Deep Tissue Massage

It is important to drink water after a deep tissue massage to help flush built up lactic acid out of your tissues. It's recommended you drink several glasses of water following a massage or you may feel a little sore the next day. You may actually experience this if you've been stressed or particularly tight for a while regardless of how much water you drink. If you do happen to feel sore, it will likely go away within a day.

How Soon Will I Get Results?

It's important to be realistic about what one deep tissue massage can achieve. Many people want to get rid of all the tension they've build up in their body over many decades, in just one session. They ask for more pressure, thinking that if the therapist just pushes hard enough, they can get rid of all their knots in an hour. It's going to take a few sessions for best results based on your body and lifestyle, and it's not necessarily about the level of pressure a masseuse uses. Your problems likely amassed over a lifetime of strain, stress and poor posture. If you have chronic problems, it will likely take a combination of massage, exercise and relaxation techniques to stem the problem.