

Swedish Massage vs. Deep Tissue Massage

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Massage therapy has become an increasingly popular way for people to relax after stressful events or just to be pampered. **Most cities have at least one spa or massage therapy clinic, and those facilities typically offer a wide variety of options.** If you are new to massage therapy, it can be difficult to know what you need. At [Matrix Spa and Massage](#), we strive to assist our customers in making the best choices for their particular needs. Two of the most popular types of massage are [Swedish Massage](#) and [Deep Tissue Massage](#).

What is Swedish Massage?

This is the most common type of massage therapy. The image of someone on a massage table being rubbed in long strokes is based on Swedish massage. **This type of massage is most commonly used for relaxation,** and the therapist's strokes glide in the direction of blood flow returning to the heart. However, Swedish massage has benefits other than relaxation. Swedish massage has been found to:

- Increase oxygen in the blood
- Remove toxins from muscles
- Improve circulation and flexibility
- Decrease stress hormones
- Boost the immune system

Clearly, **Swedish massage is a good choice for anyone looking to relax and feel better.** For those in need of a more therapeutic massage, Deep Tissue massage might be the best choice.

What is Deep Tissue Massage?

Though similar to Swedish massage in some ways, **Deep Tissue massage has two crucial differences- the firmness of pressure used and the speed of the strokes.** The therapist typically applies more pressure to the body and uses slower strokes during these types of massage. These massages also can focus on trouble spots

where there is chronic pain or an injury that needs attention. Whereas Swedish massage focuses on relaxation, Deep Tissue massage is focused on reaching deeper layers of tissue, usually to relieve pain and inflammation. **Many doctors recommend Deep Tissue massage for patients with chronic pain.** It can also break up scar tissue and help rehabilitate injured muscles. Consider Deep Tissue massage if you need to:

- Relieve chronic pain
- Reduce inflammation
- Rehabilitate an injured muscle
- Release chronic muscle tension
- Relieve tension caused by chronic stress

While Deep Tissue massage is not ideal for every situation, **many clients who have previously suffered chronic pain or other problems have found welcome relief from regular treatments.**

Relax with Matrix Spa & Massage

So which type of massage should you choose? **That depends on what you need:** Are you getting a massage because you want to relax and feel rejuvenated? Maybe you've had a hectic week and need to relax. **Or maybe you just feel it's time to pamper yourself a bit.** If so, a nice, long Swedish massage might be just what you're looking for.

If you're considering massage to treat chronic pain or stress, or maybe you're a "weekend warrior" who has been sidelined by an injury, **you may need the deeper pressure of Deep Tissue massage.**

At Matrix Spa and Massage, we offer Swedish massage and Deep Tissue massage, as well as a [variety of other treatments](#) to suit your needs. **Both therapies are available in sessions of varying lengths,** so we are sure to be able to accommodate your needs.

Still not sure what you need? You can **contact us at 801-505-9340 to speak with one of our specialists** to find out what's best for your situation. Be sure to check out our [coupons and packages page](#) to see if the services you are interested in are available at a discount. Coupons and packages are also great gifts if you know someone who would benefit from a little relaxation. Don't delay; [schedule your appointment](#) today.