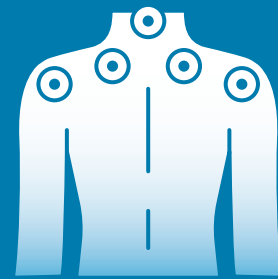


Firm Pressure VS. Deep Tissue

This quick guide can help you pick the perfect technique for your body and goals.



	FIRM PRESSURE	DEEP TISSUE
PURPOSE	Full-body relaxation with a strong, steady touch	Targets stubborn knots and tight spots
HOW IT FEELS	Deep, broad, and consistent – soothing tension without too much intensity	Slow, focused work that goes deeper into muscles
PRESSURE STYLE	Firm hands and forearms, moderate pace	Pinpointed deeper strokes – often using thumbs, forearms and elbows
FOCUS AREAS	General, full body	Specific problem areas
BEST FOR	Anyone who enjoys strong, steady pressure to fully unwind	Chronic tightness, old injuries, or stubborn tension
YOU MIGHT FEEL	Loosened up and deeply relaxed, during and after	A deep release – a bit sore now, better later

A TIP FROM YOUR MASSAGE THERAPIST: Both can feel firm – the difference is whether you want focused deep tissue work on trouble spots or a strong, relaxing full-body flow. Just let us know what you need today!