

Chronic Pain Massage Package

Session Type	Massage	When
<p style="text-align: center;">Session #1: Relax & Release</p>	<p>This massage utilizes a blend of both Swedish and myofascial techniques – custom to the chronic pain being experienced. This massage will relax the muscles to prepare for deeper work to come.</p>	<p style="text-align: center;">Week 1</p>
<p style="text-align: center;">Session #2: Stretch</p>	<p>This massage will focus on the specific pain area. It will include gentle stretching and some deep tissue techniques as needed. This encourages a release of the affected muscle groups. It will utilize both warming pain relief lotion and cooling relief gels.</p>	<p style="text-align: center;">Week 2-4</p>
<p style="text-align: center;">Session #3: Release</p>	<p>This massage utilizes heat and deep tissue techniques. This session will work deep into the affected muscles groups. It will utilize both warming pain relief lotion and cooling relief gels.</p>	<p style="text-align: center;">Week 3-6</p>
<p style="text-align: center;">Session #4: Unwind</p>	<p>This massage focuses on being a “cool down” session based on the pain levels and the client’s progress. This session is catered to the client and could utilize Swedish or myofascial release, deep tissue or trigger points.</p>	<p style="text-align: center;">Week 4-8</p>