

Swedish Massage



Deep Tissue Massage



VS

Relaxation and stress relief

Light to medium pressure

Long, flowing strokes

Full-body relaxation

Melts away stress and anxiety

Purpose

Pressure

Stroke Style

Focus Areas

Outcome

Muscle recovery and pain management

Firm, intense pressure

Targeted, broad strokes

Specific problem areas

Relieves deep muscle tension and discomfort

Deep Tissue Massage A Visual To Techniques

Yan Bai



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