

The Benefits of Heat

Heat has been used for centuries to ease tension and pain of tight and sore muscles. We provide complimentary hot pack application during our massage treatments because it provides important therapeutic benefits:

- * Heat promotes increased circulation, oxygenated blood and nutrition to the muscles. This removes by-products more effectively, reducing recovery and healing time.
- * Heat is soothing and relaxing to the body and promotes a sense of well being. Blood flow is increased, dilating capillaries and arteriolar walls. Tissue metabolism increases.

Pain relief, increase blood supply decreased edema, and softening of fibrous tissue are physiologic effects of heat. Heat should be followed by massage, exercise or stretching. This will help loosen fibrous adhesions and flush out edema. At the club, we use a hydrocollator with steaming moist hot packs in our therapeutic massage.

To schedule a massage at the club or in your home, please contact us at 239-405-0463
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