

MASSAGE FOR GOLF

Apart from just making you feel great, massage is a wonderful addition to your approach to golf. Whether you're swinging woods or long irons for distance, or looking to finesse a pitch or chip, you depend on your muscles to execute the shot.

Massage will help relax and tone muscles, increase flexibility, rejuvenate and increase muscle sensory mechanisms, as well as provide you with better "touch and feel". All of this adds up to better balance and body awareness, key factors in playing good golf.

Just as you work with your golf professional to improve your technique, why not complement this with regular massage to fine-tune your body to execute that well-honed swing - and keep you swinging. After all, "The best equipment you can bring to the tee is a relaxed body, alert and ready to go." Many competitive athletes have testified to the benefits of massage to repair and improve their game.

MAKE MASSAGE PART OF "YOUR" GOLF GAME. After returning from a day on the links, try a massage designed to improve your golf performance and reduce your recovery time. This specialized massage focuses on primary muscles used during golfing. It targets the areas most affected by golf: neck, back and shoulders. Relax your tight muscles with this therapeutic massage, you will be relieved of muscular tension and experience improved mobility.

We feature this massage at the club, especially designed for our members needs. Improve your "golf focus" when you call us for your appointment at 405-0463 #MM12603