

SPORTS MASSAGE

Improve your workout and your outlook

Massage feels wonderful. Maybe that's why people mistakenly consider it a luxury as opposed to what it really is- a very necessary component of your fitness program.

The squash workout or fitness session combined with massage will:

- Shorten your recovery time between workouts**
- Reduce your chance of injury, through proper stretching and preparation, and through deep tissue manipulation**
- Improve your range of motion and muscle flexibility, resulting in improved power and performance in everything you do.**
- Maximize the supply of nutrients and oxygen through increased blood flow.**

Call us today to schedule a massage (212)-827-1267.