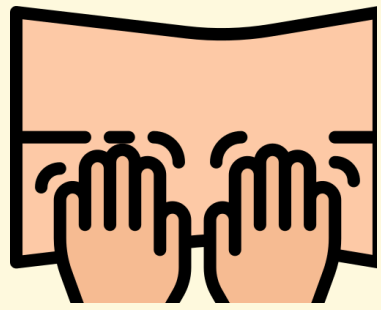


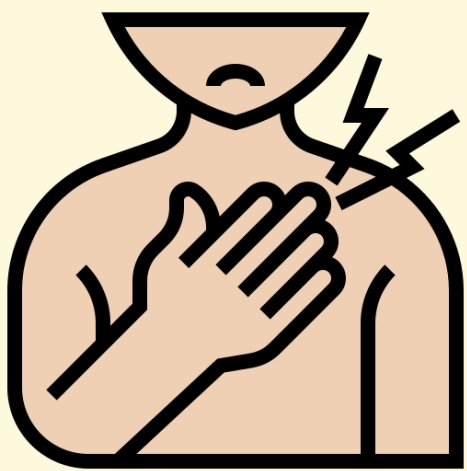
Did you know...?

Post Exercise Massage benefits your body & mind.

Written by Gail McCleary, LMT



Receiving massage directly after a workout helps your body recover from exercise.



Massage helps your muscles return to their original form after a workout, preventing the typical tightness and restoring full range of motion after a workout. Inflammation that causes DOMS (delayed onset muscle soreness) is greatly reduced by massage as it activates your circulatory system so that your blood & lymph can carry away the toxins that are released during and after intense exercise.



Scheduling time for your body to recover after exercise is also beneficial to your mental health. Your time on the massage table is exactly that... YOUR time. Your therapist will listen to and work with you to optimize your session. You can go into a state of physical and mental relaxation during a massage session. When you leave the massage room, you'll feel refreshed, ready for your next workout and everything else this world has to offer!



Tips on booking a massage: Each therapist is unique, feel free to ask questions and be specific about what kind of massage you prefer; Swedish, Sports, Cupping, Stretching/Massage combo, Relaxation, or Hot Stone.



The V Spa offers organic, locally made products such as CBD balm, Sports Targeted Tx, Muscle Relief balm, Customized Aromatherapy, and Eminence Organic Body Lotions to increase the benefits of any massage.