



### What is a Swedish Massage

The term "Swedish Massage" refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart.

### Purpose of Swedish Massage

The main purpose of Swedish Massage is to increase the oxygen flow in the blood and release toxins from the muscles.

Swedish Massage shortens recovery time from muscular strain by flushing the tissues of lactic acid, uric acid, and other metabolic wastes. It increases circulation without increasing heart load. It stretches the ligaments and tendons keeping them supple and pliable. Swedish Massage also stimulates the skin and nervous system and soothes the nerves themselves at the same time. It reduces stress, both emotional and physical, and is suggested in a regular program for stress management. It also has many specific medical uses.



### What is Deep Tissue Massage

Deep Tissue Massage is a massage technique that focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the fiber's of the muscles, tendons and fascia.

Deep tissue massage is used to release chronic muscle tension through slower strokes and more direct deep pressure or friction applied across the grain of the muscles not with the grain. Deep tissue massage helps to break up and eliminate scar tissue. Deep tissue massage usually focuses on more specific areas and may cause some soreness during or right after the massage. However, if the massage is done correctly you should feel better than ever within a day or two.

### Purpose of Deep Tissue Massage

The purpose of Deep Tissue Massage is to "unstick" the fibers of a muscle while releasing deeply-held patterns of tension, removing toxins, while relaxing and soothing the muscle. It is both corrective and therapeutic.



### MASSAGE RATES

	Members	Non-Members
30 Minutes	\$40	\$50
60 Minutes	\$65	\$80
90 Minutes	\$95	\$115

### Deep Tissue Option:

\$10 for 30 min. Session

\$15 for 60 min. Session

\$20 for 90 min. Session

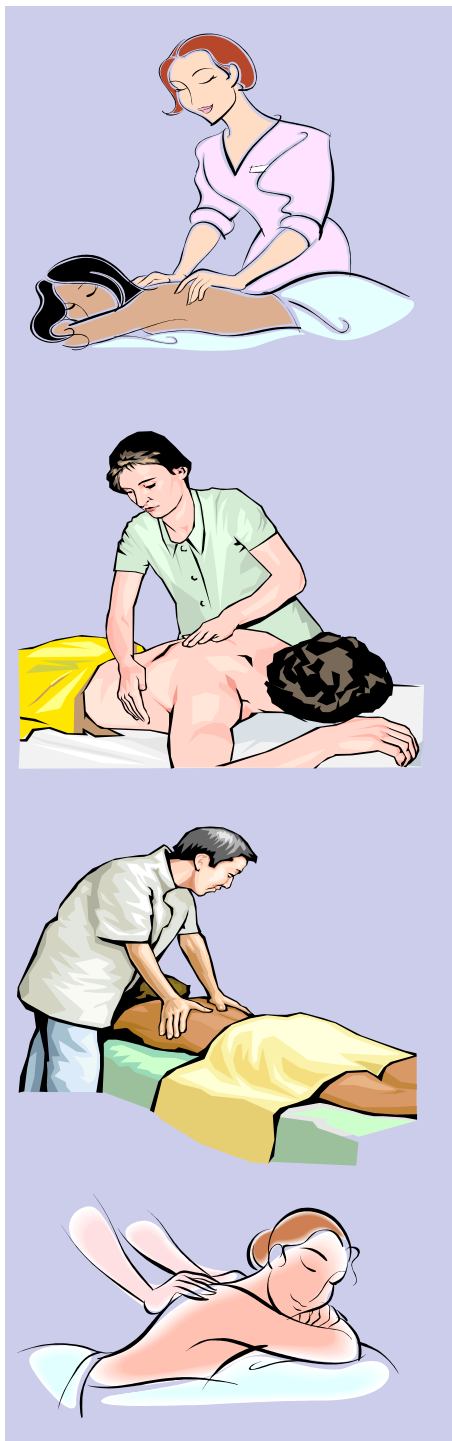
## **Massage Therapists**



**Kelly Vantress** has been a practicing massage therapists since 2003 and is certified through Cypress Health Institute of Santa Cruz. Kelly holds a membership with the American Massage Association and she specializes in Swedish Massage. She also focuses on sport-related tension and stress release.



**Anne Howland** is a certified Swedish Massage Therapist with many years of interest and experience in the healing arts. Anne graduated from the Twin Lakes College of Healing Arts, Santa Cruz in 2002. Anne's intensive training includes Deep Tissue and Sports Massage. She is also certified in Hot and Cold Stone Massage, Reiki I and Reiki II.



- 12 Tennis Courts (Hard & Clay)
- Paddle Tennis Court
- Fully Equipped Fitness Center
- Fitness & Personal Training
- Junior Olympic Lap Pool
- Oversized Outdoor Jacuzzi
- Indoor Jacuzzi & Steam Room (coming soon)
- Men & Women's Saunas
- Newly Remodeled Locker Rooms
- Children's Pool w/Raindrop
- Regulation Sand Volleyball Court
- Outdoor Regulation Basketball Court
- Yoga, Pilates, Aerobics, Dance, Aqua
- Free Floating Suspension Floor
- Daily Childcare/Learning Center
- Swedish & Deep Tissue Massage
- Camp Seascape (Summer Camp)
- Restaurant w/Bar
- Bocce Ball
- Outdoor BBQ/Fire Pit
- Tennis & Swim Lessons

**Seascape Sports Club**  
**1505 Seascape Blvd., Aptos, California 95003**



## Swedish & Deep Tissue Massage



For an appointment call:

831 688-1993

[www.SeascapeSportsClub.com](http://www.SeascapeSportsClub.com)