



Massage & Advanced Bodywork Marbella

Description:

We have more than twenty years of elaborate experience in working with head, neck, back, shoulder and hip related problems. We can make use of several Bodywork and Massage Techniques to help you with your complaints.

Deep Tissue Bodywork

Deep Tissue Bodywork includes Myofascial Release and Fascial Stretching. The focus will be on long-term patterns of resistance and compensation in the muscles and connective tissues of the body.

Psoas and Pelvic Release

The psoas muscle is involved in many of the acute and chronic problems of the body. Some of the conditions involving the iliopsoas muscle include: back pain, vertebral disc problems, spondylolysis, scoliosis, kyphosis, lordosis, pelvic tilt, pelvic floor problems, sacroiliac pain, sciatica, extremity problems, digestive problems, menstruation pain and even infertility.

Energy Balancing

By temporarily influencing the energy flow we are able to remind the body of its natural state of health. A harmonious pulsing flow of life energy throughout the body, expressed physically in a balanced cellular and biochemical activity.

Massage

We offer therapeutic but nevertheless pleasurable massage which will have a strong cleansing, rejuvenating and refreshing effect on your body. The realigning treatment will relieve your stress and pain and provides deep and longlasting relaxation.

Schaegen & Sweerts Bodywork
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