Massage:

Members at Big Sky Vernon have an added benefit of having massage therapy available right in the club. Massages are not just a luxury, but getting a massage on a regular basis can have a significant positive impact on your physical and mental health.

Big Sky’s Massage Advantage Program offers monthly, bi-monthly, or weekly massages at a price that won’t break the bank. Relax and enjoy a one hour massage from one of our CT Licensed Massage Therapists !

Here are just a few benefits of regular massage:

• better sleep

• relaxation

• pain relief

• prepare for, and recover from, strenuous workouts with deep muscle massage

• enhance immunity by stimulating lymph flow - the body's natural defense system

• Increase joint flexibility

• lessen depression and anxiety

• reduce scar tissue and stretch marks by promoting tissue regeneration

• pump oxygen and nutrients into tissue and vital organs, improving circulation

• reduce post surgery adhesions and swelling

• reduce spasms and cramping

• relax and soften injured, tired, and overused muscles

• release endorphins and amino acids that work as the body's natural painkiller

• relieve migraine pain

• achieve a zen-like euphoria while finding peace with the world !

Our massage therapists offer a variety of massage techniques. From Swedish massage for relaxation, to deep tissue massage, hot stone massage and corrective care. They are passionate about their work and about helping you to reach your health and fitness goals.

Word count - 229