



“Deep Tissue Sculpting”

-By Janis Johnson

Deep Tissue Sculpting

All people cope with the stress of every day in many different ways. We experience stress in our bodies as tightness, heaviness, and disease. Our movement is less graceful and our tempers shorter. There are many avenues to counteract these feelings, but one of the healthiest is through massage. Deep Tissue Sculpting is a relaxing, calming and soothing type of bodywork that addresses the pain, restricted movement and body tension brought on by stress, injury and poor body posture. Practitioners sink into and melt away the muscular tension of the body to bring the client balance emotionally, mentally and physically. The balance creates a renewed sense of ease and freedom within the individual.

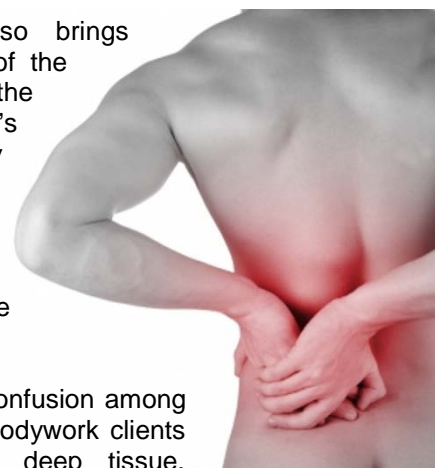
Carol Osborne, creator of Deep Tissue Sculpting, defines the modality as “a form of deep tissue massage characterized by slow, firm, constant compressions and strokes applied parallel to the muscle fibers.” It is intended to affect the deeper musculature within the body. No oil or cream is used in order to facilitate the practitioner’s connection to the client’s body.

Deep Tissue Sculpting may affect the body in many ways. While it releases the tension of the muscles, it also increases the blood circulation, the range of motion and the elasticity of muscles of the specific areas that are the focus of the session allowing the body to move more fluidly and easily.



The increase blood circulation also brings more oxygen to heal and restore muscle tissue’s length and strength

This modality also brings more awareness of the body’s skeleton to the client and the body’s posture in gravity bring a deeper understanding of who we are as human beings and how we move in this world.



There is a lot of confusion among practitioners and bodywork clients around the term deep tissue.

Deep tissue is an umbrella term for many modalities that focus on the deeper layers of the body. One of the most striking differences is the concept of sinking and melting that allows the body to receive the work in a less invasive way; which for many clients is more comfortable while still being very effective.

Several practitioners at the MTC practice the deep tissue sculpting. Schedule an appointment today to enjoy the benefits of this wonderful modality.

Janis Johnson, M.A., B.A., HHP, holds a Master’s degree in Education and a Bachelor’s degree in History and Theater. She is also certified in Expressive Arts Therapy. Ms. Johnson has been teaching at the university level since 1975, and is a faculty member of the International Professional School of Bodywork (IPSB) where she teaches the Moving Soma, deep tissue sculpting, Jin Shin Acutouch, and advanced deep tissue techniques. The college offers certificate and degree programs in massage therapy and holistic health. For more information on the profession or to enroll, call (858) 505-1100 or visit www.ipsb.edu.