

## :: Deep Tissue Massage with Tantra

### Techniques ::

When you have the need just to relax and to be work in your full body this can be a very good way to do so.

All tantra sessions are earth base techniques that means that are not done in a massage bed.

The session is done on the floor on a futon mat, this give us the advantage to deliver more pressure to your body and do manoeuvres that other kind of massages can not be done.

The therapist will ask you to do relax your breathing breathing in order that the balance of pranic energy is equal and instead of feeling tired at the end you reach restful alertness.

You will receive the massage with hypoallergenic oil. The session is received nude since is a full body massage.

Every massage is an experience that awakes the cell memory in your body and allows to unblock spasms and allow that the energy communicates efficiently. It relax you and smooth any kind of stress that you might have.

This massage focus on muscles that are contracted and unblock of energy in your body.

We applied different techniques from marma massage, trigger points, no hands techniques, liberation of fascia and including tantra bodywork"!!!