



# Michele's Organic Massage

Investments In Knowledge Pay the Highest Dividends

**It's important to be realistic about what one deep tissue massage can achieve.**

**Many people ask for more pressure, thinking that if the therapist just pushes hard enough, they can get rid of all their knots in an hour.**

**This just won't happen.**

**In fact, undoing chronic knots and tension built up over a lifetime is best achieved with an integrated program that includes exercise, work on your posture and ways of moving, relaxation techniques and a regular program of massage.**