

CRANIAL FACIAL MASSAGE

You probably think about going to the physical therapist to treat the muscles of the back, legs, feet, arms... but what about the muscles of the face and skull?

These muscles also need attention, and techniques specifically aimed at this musculature are necessary to regulate tone, and thereby release tensions that can lead to migraines, headaches or even bruxism.

Massage therapy provides all its benefits to this part of the cupero, also highlighting the oxygenation of the tissues, the stimulation of the muscles and the reactivation of blood flow, with which we manage to restore firmness and elasticity to the skin.

With all this, this massage has not only a therapeutic purpose, but also an aesthetic purpose, reducing expression lines and wrinkles, improving tone and activating and illuminating the skin of the face.

Suitable for:

Migraine, headache, headache
Bruxism/ changes in the TMJ (temporomandibular joint)
Psychological tensions
Insomnia
Cervical pain
Distress, stress
Aesthetic treatment