

# 'Sport' Massage

A sports massage helps to improve the condition of your muscles and prevents injuries. Through the massage you will get a better blood circulation in the muscles. A sports massage is suitable before and after a workout. It involves a firm massage, where connective tissue is loosened and knots are removed from your muscles. You can also use the sports massage to activate your muscles, for example at the beginning of a training program or if you start exercising again after a long period.

The sports massage lasts 30 minutes and costs €20.

