



TensoRelief

Massage Techniques



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01 **Fascia Rubbing**– Massage rollers penetrate up to 8 cm into the body, delivering deep massage to the body's meridians and energy channels to achieve complete relaxation.

Shiatsu – Massage rollers apply pressure to meridian points and move straight down along the spine, helping to release tension.

03 **Kneading**– A gentle stroking technique performs circular movements and moves along the body in an S-shaped pattern, relieving tension and relaxing muscles.

04 **Synchronized Massage** – Synchronized stroking and tapping techniques move down the back, calming tension and maintaining the vitality of back muscles.

05 **Knocking**– Massage rollers perform intensive tapping massage on fixed meridian points along the back, relieving pain and tension.

06 **Tapping**– Massage rollers perform rhythmic patting, which helps release muscle tension and supports the overall wellbeing of the body.

