

TULUM CHIROPRACTIC & WELLNESS

Holistic Center

ROCIO REY

MASSAGE THERAPIES

TRADITIONAL THAI MASSAGE

A therapeutic practice that combines assisted stretching, acupressure, and gentle mobilizations to improve flexibility, release tension, and restore the body's natural energy flow.

RELAXATION MASSAGE

A classic massage using fluid and enveloping techniques such as gliding strokes, kneading, and friction to stimulate circulation, calm the nervous system, and relieve general tension.

DEEP TISSUE THERAPY MASSAGE

Focused and intensive work on muscular tension and trigger points. Recommended for pain related to stress, poor posture, or muscular overload.

SPORTS MASSAGE

Focused on specific muscles and areas depending on your physical activity. Helps prepare the body, improve performance, and accelerate recovery by reducing fatigue, muscular overload, and the risk of injury. Recommended before, during, or after athletic events or training.

LYMPHATIC DRAINAGE

A gentle and rhythmic technique that stimulates the lymphatic system to support the elimination of fluids and toxins, reduce swelling, and promote a lighter feeling in the body.

(Custom packages available for 5 or 6 sessions.)