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Tried & Tested: Vedure MediBoutique Sports Recovery Massage

May 22, 2012 1:58 PM by Niki Bruce



We review a hardcore professional massage from Vedure MediBoutique that's sure to remove every little kink in your body

WHAT: The Vedure MediBoutique Sports Recovery Massage has been developed to help your body to both recover from whatever stress you've been putting it through as well as to help in the prevention of injuries. It's best for those who either have existing injuries, chronic muscle pain from previous injuries or a restricted range of motion. You can have specific problem areas targeted as well.

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The massage therapist will discuss your various concerns, and the amount of pressure you can endure – from mild to strong – and will offer some tips on stretching to help stop the injury from recurring. The massage aims to stimulate your circulation as well and trigger-point therapy is used to break down the knots in your muscles. You can also get a pre-event massage to help warm-up and a post-event massage to help normalise your stressed muscles.

The Sports Recovery massage, 60 minutes for \$120, is available from the Vedure MediBoutique, Wheelock Place #4-06/B, 501 Orchard Road, Tel: 6732 6448. Email: wheelock@vedure.com For more information on Vedure MediBoutique, go to: www.vedure.com

REVIEW: I freely admit that I don't do any sport, so why should I need the Vedure MediBoutique Sports Recovery massage? Mainly because I used to do sport. I have a series of chronic, and not so bad, muscle and skeletal issues from years of extreme sports and basic silliness with my body (think falling off balconies by accident; well there wasn't a barrier and I was only 7!). My current job consists of unending hours crouched in front of a computer on a chair designed to torture people combined with hours of standing around in very high heels at events. My chiropractor had despaired of ever fixing my back and frozen shoulder properly since my muscles were so tight that he could hardly get them to move out of the way long enough for him to do anything about my bone misalignment.

So, the sports massage sounded just the thing, a therapist who knew what they were doing, which areas to work on – an incomprehensible and long list from my chiropractor – and the chance to do it in a relaxing environment. And wow, it was amazing. Painful to a certain extent, yes, but well worth it. My therapist Anna really knows her business, she caught on that I had very little sleep almost immediately – and it wasn't from looking at the bags under my eyes. Starting from the feet up, you get a good, general massage that "warms up" the body, while the therapist works out which areas should be focused on, then the real work begins. While in some ways this massage is similar to any good version you'd get at most spas, the focus on specific areas and the use of trigger-point therapy steps it up to a more medicinal massage. Trigger-point therapy really hurts, especially when the therapist is digging into the very areas where the most pain is, but believe me, it really works. You can actually feel the muscles give way under the pressure and you'll be amazed at the range of movement that returns.

Despite the pain, the massage is actually quite relaxing by the time it's done; there's aromatherapy oils, soothing music and a darkened room with a final light massage to tie it all together.

I liked it so much that I signed up for a package and have been going back every week. Better still, my chiropractor is now a very happy man, he can finally do what he needs to do.

RATING: 5/5

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 **Elizabeth Leong** · Director at Vedure
 There's nothing I love more than a good massage to soothe those aches ^^.
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