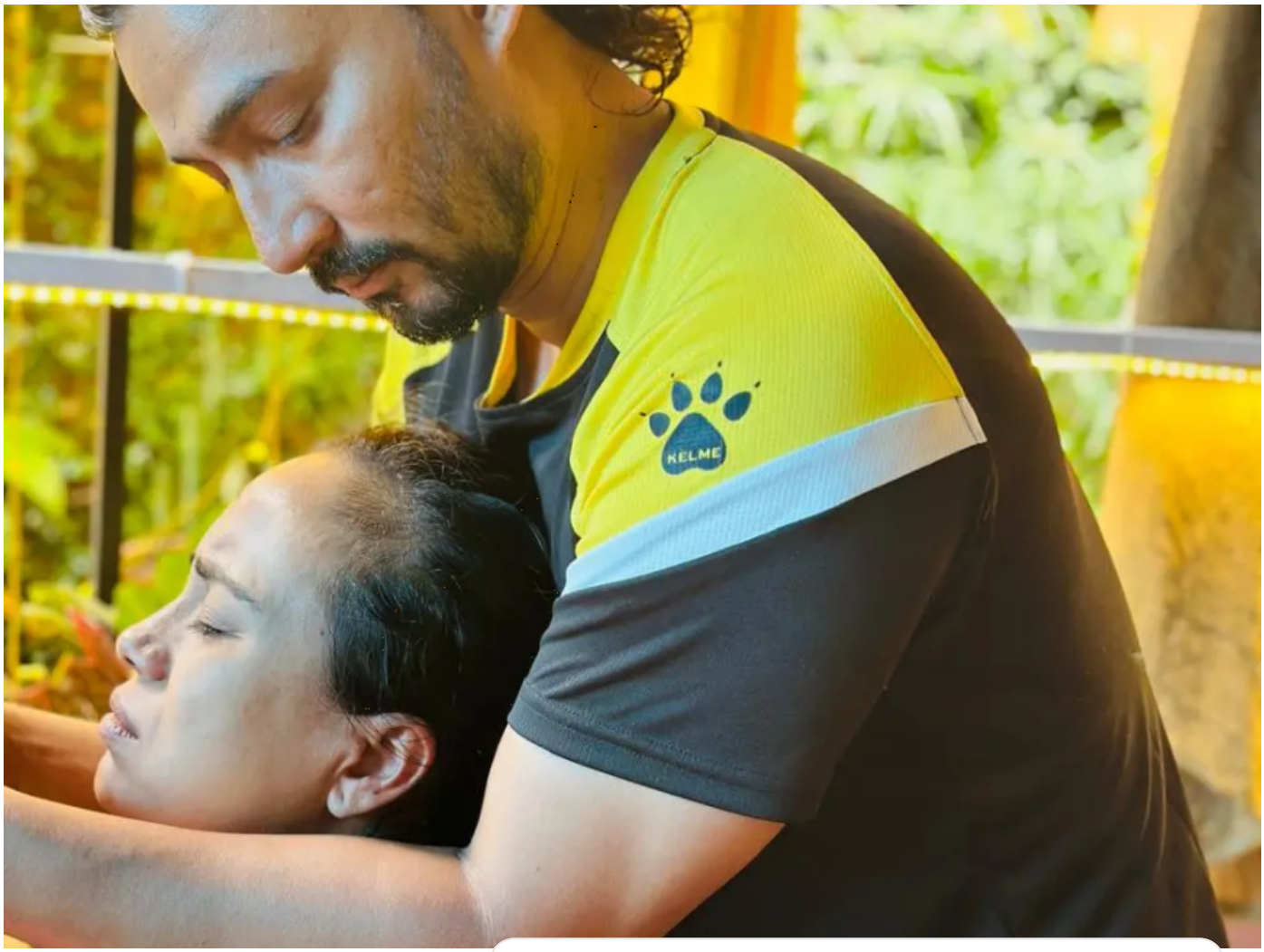
Institute of Natural Medicine

1 - 2 hours

Deep Tissue Massage



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Deep Tissue Massage i
Recover, and Restore I

Experience the healing touch of our **D**
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? Winter Special Offer

90-Minute Massage + FREE 1-Hour Yoga

Book any **90-minute massage** and enjoy our **morning yoga FREE**.

? **Yoga: 7:30–8:30 AM**

Start your morning with yoga and then relax with a 90-minute massage.

Book on WhatsApp

sports injuries, body stiffness, or persistent tight knots caused by stress or physical activity.

If you're looking for deep strokes targeting the inner layers of the muscles and the connective tissues, or to treat musculoskeletal issues, recover from sports injuries, and break down tight knots and stiffness of the body with strong pressure—then our **Deep Tissue Massage services** are the most appropriate therapy for you. Our skilled massage therapists apply precise pressure on affected areas to relieve pain and restore natural body function.

What is Deep Tissue Massage?

Unlike a Swedish Massage, which uses light to medium pressure for relaxation, **Deep Tissue Massage** uses slow, firm strokes and friction to reach deeper layers of muscle fibers and fascia. This technique is especially effective for chronic pain, injuries, or postural problems. It enhances mobility, improves blood circulation, and helps remove toxins stored in the muscles. To explore about Deep Tissue Massage in more details, please feel free to check our blog on: **How Does Deep Tissue Massage Work? Mechanisms, Benefits & What to Expect?**

Benefits of Deep Tissue Massage

- Relieves chronic muscle pain, stiffness, and deep-seated tension
- Improves flexibility, posture, and range of motion
- Reduces inflammation and promotes faster recovery from injuries
- Enhances circulation and helps flush out toxins from the body
- Supports relaxation by reducing stress and anxiety levels
- Boosts energy and improves overall body awareness

Deep Tissue Massage for Every Lifestyle

Whether you are an athlete, a traveler, or someone with a physically demanding routine, this therapy helps you recover and feel renewed. Many guests combine Deep Tissue Massage with our Ayurvedic Massage or Traditional Thai Massage for a more holistic healing experience. Each session is customized based on your body type and specific needs.

Our Approach to Authentic Deep Tissue Massage in Thamel, Kathmandu

At the Institute of Natural Medicine in Thamel, Kathmandu, our trained therapists use a blend of pressure techniques, warm-up strokes, and targeted movements to reach the deeper muscle layers. We use high-quality natural oils to reduce friction and enhance therapeutic benefits, ensuring comfort while working through tension and adhesions.

Our massage rooms are surrounded by greenery and a peaceful environment, allowing your mind to relax as your body heals. Guests are encouraged to arrive 15 minutes early to fill out a

consultation form, helping our therapists tailor the treatment specifically for your condition.

Why Choose Institute of Natural Medicine?

- Professional and certified Deep Tissue Massage therapists
- Peaceful and natural environment in the heart of Thamel
- Affordable rates compared to luxury spas in Kathmandu
- Combination therapy options including Reiki Healing, Sound Healing, and Daily Yoga Classes
- Personalized care and guidance for every guest

Who Should Try Deep Tissue Massage?

This therapy is ideal for individuals suffering from chronic muscle pain, postural imbalances, or sports-related injuries. It's also beneficial for people who spend long hours sitting or traveling, as it helps alleviate back and shoulder stiffness. However, if you are new to strong-pressure therapy, our therapists will adjust the pressure to suit your comfort level.

Book Your Deep Tissue Massage in Kathmandu, Nepal

Take a break from the busy streets of Thamel and indulge in a revitalizing **Deep Tissue Massage at the Institute of Natural Medicine**. Let our experienced therapists release your tension, enhance your circulation, and restore your body's natural energy flow.

Duration: 1 – 2 hours
Location: Thamel, Kathmandu
Book your session today and experience the most trusted Deep Tissue Massage in Nepal.

Reviews

Surprisingly quite & serene place in the midst of noisy central Kathmandu (Tamel). I took a deep tissue massage and personal sound healing session. I am very happy with results and feel fantastic □□ I highly recommend services of this Institute for its professionalism and amazing service. P.S. great value for money
V
Victoria Gulevich

Frequently Asked Questions

What is a Deep Tissue Massage and how is it different from a regular massage?

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Deep Tissue Massage focuses on deeper layers of muscles and connective tissues, using slow, firm strokes to relieve chronic pain and stiffness. Unlike Swedish Massage, which is more relaxing and uses light to medium pressure, Deep Tissue targets specific problem areas such as knots, tension, or injury recovery points.

Is Deep Tissue Massage painful?

It’s normal to feel mild discomfort during a Deep Tissue Massage as your therapist works through tight or knotted muscles. However, it should never be unbearably painful. At the *Institute of Natural Medicine in Kathmandu*, our therapists adjust pressure based on your comfort level to ensure maximum therapeutic benefit with minimal discomfort.

How often should I get a Deep Tissue Massage?

For chronic tension or pain, weekly sessions may be ideal at first. For maintenance and relaxation, once or twice a month is usually enough. Regular sessions help maintain flexibility, reduce stiffness, and prevent the buildup of muscle tension.

Who should get a Deep Tissue Massage?

Deep Tissue Massage is ideal for athletes, travelers, yoga practitioners, and anyone with chronic muscle pain, stiffness, or injury recovery needs. It’s also perfect for people who sit at a desk for long hours or carry physical stress in their neck, shoulders, or back.

What are the benefits of Deep Tissue Massage?

This therapy helps in improving flexibility, posture, and range of motion. It also enhances blood circulation, flushes toxins from the body, reduces inflammation, and promotes faster recovery from injuries or physical exertion. Many clients report feeling deeply relaxed and re-energized afterward.

Can Deep Tissue Massage help with back pain or sciatica?

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Yes. Deep Tissue Massage is particularly effective for relieving lower back pain, sciatica, and tightness around the hips and spine. Our certified therapists at the *Institute of Natural Medicine in Thamel* use specialized techniques to release tension and improve mobility in affected areas.

How should I prepare for my Deep Tissue Massage?

Arrive at least 15 minutes early to complete a brief health consultation form. Drink plenty of water before and after your massage to help flush out toxins released during the session. It's also recommended to wear comfortable clothing and avoid eating heavy meals beforehand.

Are there any side effects after a Deep Tissue Massage?

Some people may experience mild soreness or tenderness for a day or two after the massage, which is normal and temporary. Drinking water and taking light rest helps the body recover and enhance the therapeutic benefits.

How much does a Deep Tissue Massage cost in Kathmandu?

At the *Institute of Natural Medicine*, we offer high-quality Deep Tissue Massage sessions at affordable rates compared to commercial spas in Thamel. The price depends on the duration (typically 1.5 to 2 hours), and you can also combine it with therapies like *Ayurvedic Massage*, *Thai Massage*, or *Reiki Healing* for a complete rejuvenation experience.

Where can I get the best Deep Tissue Massage in Kathmandu?

For authentic, professional, and affordable Deep Tissue Massage therapy, visit the *Institute of Natural Medicine* in Thamel, Kathmandu. Surrounded by nature and guided by certified therapists, it's one of Nepal's most trusted wellness destinations for healing and relaxation.

Price:

60 min	US$ 25
90 min	US$ 30
120 min	US$ 35

Book Now

Institute of Natural Medicine

Check out other packages



Acupuncture Service

Relieve pain and restore balance with Acupuncture sessions at INM. Our skilled therapists use ancient techniques to promote natural healing and well-being.
Explore



Traditional Thai Massage

Traditional Thai Massage—also known as Nuad Boran—originated in Buddhist temples over 2,500 years ago. It’s a unique healing art that blends yoga-inspired stretches, acupressure, and energy balancing.
Explore



Feet Reflexology

Feet Reflexology, also known as foot reflex massage, is a holistic therapy practiced worldwide. Our licensed massage therapists and reflexologists apply precise pressure on the reflex points of your feet.
Explore



Hot Stone Massage

Hot Stone Massage is an ancient healing practice that uses smooth, volcanic basalt stones heated to a safe, comfortable temperature. These stones are gently placed on key energy points of the body and used during massage.
Explore



Ayurvedic Massage

Ayurvedic massage (Abhyanga) is an ancient holistic therapy that involves a full-body massage using warm, medicated herbal oils chosen specifically according to your body type or dosha (Vata, Pitta & Kapha).
Explore

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Swedish Massage

Swedish Massage is designed for relaxation, improved wellbeing, and full-body rejuvenation. It helps increase blood flow toward the heart, releases surface-level muscle tension, and supports lymphatic drainage.
Explore



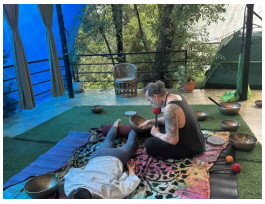
Trekkers' Holiday Massage

Are you searching for the exact place to cure your health issues occurred after trekking activities in Nepal? Our Massage Training center have specially made a combo therapy that is the mixture of different type of massage therapies.
Explore



Shirodhara

Shirodhara is one of the most relaxing and restorative Ayurvedic treatments, originating from the Sanskrit words “Shiro” meaning “head” and “Dhara” meaning “flow.”
Explore



Singing Bowl Massage

The Singing bowls are placed on specific areas of the body—back, shoulders, abdomen, feet, and energy centers—and played in rhythmic patterns during Singing Bowl Massage session.
Explore