

Health Benefits of Massage

Increased Circulation & Flexibility
Enhanced Sleep Quality
Greater Energy
Improved Concentration
Reduced Fatigue and Stress
Decreased Anxiety
Enhanced Immunity
Improves Body Motion
Relieves Tension Related Headaches
Reduces Heart Rate
Helps With Injury Rehabilitation



Deep Tissue Massage

Best for: Chronically tight or painful muscles, repetitive strain, postural problems, or recovery from injury.



Hot Stone Massage

Best for: Easing muscle tension without deep pressure; maximizing massage time.



Prenatal Massage

Best for: Decreasing swelling, relieving aches and pains, or easing the physical and emotional stresses of pregnancy.



Sports Massage

Best for: Preventing and treating injury while enhancing athletic performance.



Swedish Massage

Best for: Relaxation, stress relief, or first massage.



Trigger Point

Best for: Highly localized "knots" where the body holds tension.