

every*body

MASSAGE & BODYWORK STUDIO

rehabilitation & restoration for every body

CLINICAL SERVICES

Our clinical massage treatments are designed to alleviate pain, restore function and minimize the possibility of recurrence; we artfully combine several techniques to help you achieve your maximum potential. This, in addition to your comments and feedback, allows us to design treatments that address your specific needs. Or if you prefer, you can choose to receive the full benefit of any one of the types of bodywork listed below.

Postural Analysis: Careful examination of your body's habitual positioning reveals sources of pain and dysfunction. An essential component of all clinical treatment.

Fascial Release: Frees restrictions found in the connective tissue that envelops the entire internal structure of the body. Indicated for the treatment of virtually every condition, fascial release is a powerful tool in correcting posture and relieving chronic pain.

Trigger Point Release: Gently isolates and eases the "knots" found in muscle that contribute to pain and restricted range of motion.

Lymph Drainage: Improves sluggish lymph circulation due to acute injury, chronic inflammation and peripheral neuropathies using fluid, soothing techniques.

Joint Mobilization and Stretching: Meticulous movement of joints and muscles reduces the guarding response inherent in painful conditions, and allows muscles to return to normal length.

Muscle Energy Techniques: Employs the use of resisted muscle movement to enhance function and its quality of motion.

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Is Clinical Massage for You?

Few people can deny the relaxing effects massage provides, but did you know massage has actually been proven to reduce or relieve the pain and discomfort associated with these and many other conditions?

Lower Back Pain	Headaches
Carpal Tunnel Syndrome	Arthritis
Plantar Fasciitis	Shin Splints
Tendinitis	Hip & Knee Surgeries
Strains & Sprains	Degenerative Disc Disease
Fibromyalgia	Peripheral Neuropathies

Clinical Services

Enjoy thorough bodywork that is considerate of your pain level and customized for your specific needs.

30 minutes	\$35
45 minutes	\$50
60 minutes	\$65
90 minutes	\$90

Additional time added \$1/minute

Additional Services

Aromatherapy: Your choice of organic essential oils relieve overworked muscles. **\$4**

Posture Package: Designed to properly contour and return your body to neutral position, which eliminates unnecessary wear and tear on joints and muscles. Also a great complement to any rehab therapy. Sold as a package of 5 one-hour treatments and includes before, during and after photos for you to document your progress! **\$290**

On-site Massage: For clients that are unable to make it to our place, we'll go to yours! Rates vary by location.

Gift Certificates : The best way to show you care! Hand-crafted certificates are available in any denomination for any occasion.