

Services

Massage and Wellness Therapy



Massage therapy improves circulation by bringing oxygen and other nutrients to body tissues. It relieves muscle tension and pain, increases flexibility and mobility, and helps clear lactic acid and other waste, which reduces pain and stiffness in muscles and joints.

Massage therapists use long, smooth strokes, kneading and other movements focused on superficial layers of muscle using massage oil or lotion.

Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. The Tai Chi Program will help you:

- Reduce stress
- Increase balance and flexibility
- Feel relaxed
- Improve your overall mind, body and spirit

Yoga - Some Yoga classes are designed purely for relaxation. But there are styles of yoga that teach you how to move your body in new ways. Choosing one of these styles offers the greatest health benefits by enabling you to develop your flexibility, strength, and balance.

Strength & Conditioning Program

Weight Loss Program

Make an Appointment

Request an Appointment

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Your message was successfully sent. Thank you for your time.

Date and time

First name

Email

Phone

We will call you soon to discuss availability.