

Therapeutic Massage

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Massage is one of the oldest of the healing arts and provides relief from many symptoms of stress, illness or injury. Through nurturing touch the body's soft tissue structures are manipulated to relieve discomfort that is often associated with tension being stored there.

Therapeutic massage boosts the circulatory and immune systems bringing with it a sense of well-being, a renewal of energy, an inner feeling of deep relaxation and a heightened sense of bodily and functional awareness.