

Massage Therapy

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Intake Contact Email

livingspirit@massagetherapy.com

Intake Process

Call for information or to schedule a massage

Self Refer

Yes

Living Spirit Massage and Holistic Health, LLC

<http://livingspirit.abmp.com/>

Main

(804) 732-2570

10553 South Crater Road

23805 VA

United States

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

Living Spirit offers massage therapy. The physical and mental benefits of massage include relieves muscle soreness; increases flexibility; eases chronic pain; reduces tension headaches; boosts the immune system; promotes restful sleep and improves concentration. Massage types include chair, deep tissue, medical, pre-natal, and therapeutic.

Chair massage can be provided in a workplace setting. A 15 minute or 30 minute massage session can help stress, relieve muscular tension, revitalize energy and help the immune system.

Massage to help relieve arthritis pain and stiffness is being recommended by an increasing number of doctors.

Service Area(s)

Colonial Heights City

,

Dinwiddie County

,

Hopewell City

,

Petersburg City

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Prince George County

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