



MASSAGE THERAPY

Massage therapy involves specialized touch techniques that therapeutically manipulate the superficial and deeper layers of muscle, and connective tissues of the body. Varying pressure is used by the practitioner to target areas such as muscles, tendons, ligaments, skin, connective tissue, joints, lymphatic vessels and other tissues as appropriate to promote relaxation and healing.



Overall, massage provides a wide variety of health benefits ranging from relaxation, pain reduction or relief, to recovery from injury and prevention of disease. It encourages the release of the body's natural pain relievers called endorphins.

Whether used as a way to promote health, prevent disease and injury, or to facilitate the body's natural healing process massage therapy can help improve your quality of life.

WHY CHOOSE MASSAGE THERAPY?

Seeking regular treatment from a Registered Massage Therapist (RMT) can bring you a wide range of health benefits. RMTs are knowledgeable and skilled at soft tissue manipulation, enabling them to prescribe treatments to enhance body function and recovery, assist in the healing process, and promote relaxation and well-being.

MASSAGE THERAPY AT THE BODYMEND WELLNESS CLINIC



At the BodyMend Wellness Clinic we believe that your health is in your hands. We are pleased to offer top quality massage therapy treatments from our fully licensed RMTs. Our personable and professional RMTs are happy to lend you a hand. They work collaboratively with you to create a plan of care for ...

“mending you back to better health”



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