

## Therapeutic Massage

Age Requirements

13-21

,

18 and over

Available 24/7

No

Family

No

Intake Contact

Nancy Glenmore

Intake Contact Email

glenmoreyoga@aol.com

Intake Process

Please call the office for more information.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Glenmore Yoga and Wellness Center

<https://glenmoreyoga.com/>

<https://glenmoreyoga.com/massage-therapy/>

<https://www.facebook.com/people/Glenmore-Yoga-Wellness/100063607812221/>

Main

(804) 741-5267

10442 Ridgefield Parkway

Glen Eagles Shopping Center

23233 VA

United States

Monday: 8:30 am-3:00 pm

Tuesday: 8:30 am-5:00 pm

Wednesday: 8:30 am-3:00 pm

Thursday: 8:30 am-3:00 pm

Friday: 8:30 am-3:00 pm

Saturday: 8:30 am-12:30 pm

Sunday: Closed

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

Glenmore Yoga offers various massage services. Therapeutic Massage is offered to relieve pain and discomfort and to reduce stress.

Glenmore Yoga and Wellness Center is a place for people of all ages, shapes and sizes to practice yoga, have a therapeutic massage by a certified massage therapist, check out books and videos from the Holistic reference library, participate in Saturday seminars and sip herbal tea with friends.

Swedish and Deep-Tissue massage is available, as well as Reflexology and Thai Yoga Massage, Hot Stone Massage and Reiki.

Service Area(s)

Chesterfield County

,

Goochland County

,

Hanover County

,

Henrico County

,

Louisa County

,

Richmond City

Email

[info@glenmoreyoga.com](mailto:info@glenmoreyoga.com)