## **Massage Therapy**

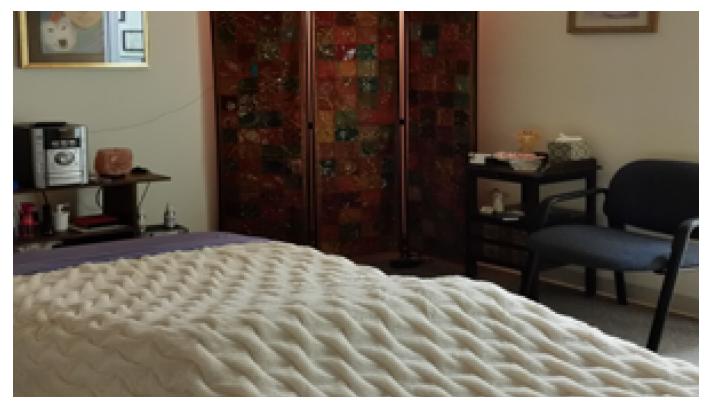
```
Age Requirements
0-5
6-12
13-21
22-55
56-60
60+
Available 24/7
No
Intake Contact Email
livingspirit@massagetherapy.com
Intake Process
Call for information or to schedule a massage
Self Refer
Yes
Living Spirit Massage and Holistic Health, LLC
http://livingspirit.abmp.com/
Main
(804) 732-2570
10553 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
,
Prince George County



Image



Image



**Image** 

