



Jochen Chiropractic & Wellness Center Offers Massage Services In Beverly Hills

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The Jochen Chiropractic & Wellness Center, a Beverly Hills, California based spa, would like to announce the availability of their massage therapy services. Anyone in the area in search of a reliable Beverly Hills chiropractor and massage therapist can get in contact with Jochen to receive a relaxing massage that helps alleviate pain or serves to reduce stress. The Beverly Hills spa has helped a wide range of people with their pain and discomfort, including athletes.

At Jochen Chiropractic & Wellness Center, they are committed to helping their patients lead healthy, happy lives free of stress and pain. ?If you?re suffering from a sports injury, lower back pain, neck pain, headaches or a chronic pain condition like fibromyalgia, a soft tissue massage may be just what you need,? the spa says. ?In addition to your main issue being treated, Dr. Jochen and his team will also look for the underlying cause of your symptoms during your session. By using specific techniques like deep tissue, trigger point therapy and other intensive soft tissue specialties, your massage will be personalized to meet your specific needs for healing and will complement any chiropractic care you receive. Call today or book your appointment online.?

Chiropractic massage combines chiropractic care and massage therapy to provide relief from a wide range of ailments. Jochen Chiropractic & Wellness Center refers to chiropractic massage as, "the best of both worlds," and in many ways it is. Massage therapy offers a more holistic approach to the treatment of musculoskeletal issues, and when combined with chiropractic massage, it leads to a notable reduction in pain and an increase in bodily function. Massage uses pressure to relieve tightness in muscles and soft tissues while chiropractic care optimizes the body's nervous system through spinal manipulation. By combining the two, it is possible to optimize both the muscles and the nervous system that controls them, leading to vastly improved health throughout the body in the long run.

"Massage is beneficial to chiropractic care both before and after your alignment," says Jochen Chiropractic & Wellness Center. "When you receive a massage before your chiropractic alignment, your spine will be more receptive to the adjustment since the muscles have loosened up. Receiving a massage after your adjustment decreases the risk of your muscles pulling your spine out of alignment again since your muscles will remain soft and relaxed as well. Beyond manual therapy, when you see Dr. Jochen for chiropractic massage, he discusses environmental factors that can improve your condition. He may suggest ergonomic workplace adjustments or review your sports techniques to make sure you're using proper form."

Chiropractic massage can have beneficial effects for anyone. All kinds of issues can be treated by a qualified, experienced chiropractic massage therapist, and it is not uncommon for a patient to find that seemingly unrelated issues are resolved through chiropractic massage therapy. Even those who are not suffering from pain can benefit from chiropractic massage as it increases blood flow, relaxes the body, improves muscle tone and boosts the immune system, and so on.

From their beautiful office in Beverly Hills, the Jochen team offers excellent chiropractic massage therapy, among many other services. Each room is sanitized and prepared for each patient, and they can always be sure that whatever treatment they are looking for is available at the Jochen Chiropractic & Wellness Center. Find out more about their many services at the following link: [Laser Therapy Near Me Beverly Hills](#).

"This place is wonderful," says Devin Connelly in a 5-Star Google review of the spa. "They are so kind and explain everything that is happening with my body and what we can do to help it. I've been working out more since gyms started opening up, and they've been helping me stay efficient and feeling good as I go!"

Natalie DeVito similarly comments that, "Spending long hours in front of the computer left my back, neck and entire body sore and in pain. I finally got a breaking point, and a friend of mine recommended Jochen Chiropractic. It's been a godsend. Michelle is an incredible massage therapist who can literally fix anything, and the chiropractors are all amazing. I can't recommend them highly enough!"

Find out more about chiropractic massage in Beverly Hills on Jochen Chiropractic & Wellness Center's

website. Learn more about the chiropractic and massage therapy specialist at the following link: Chiropractic Massage Beverly Hills.

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For more information about Jochen Chiropractic & Wellness Center, contact the company here: Jochen Chiropractic & Wellness Center Dr. Stephen Jochen, D.C. 310-556-8071 jochenmarketing@gmail.com 9478 West Olympic Blvd. Penthouse Beverly Hills, California 90212

Jochen Chiropractic & Wellness Center

Located in Beverly Hills, CA, the team of highly trained professionals advocates for a holistic and pain-free lifestyle. From chiropractic care to traditional Chinese medicine, this wellness center offers a variety of services to meet its patients' needs.

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