



Medical Day Spa In Puyallup Provides Massage Spa Packages

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Unlocking The Body Massage Therapy, a medical day spa in Puyallup, Washington, would like to announce the availability of their massage spa packages. Anyone looking for a great gift to give to their friends and family or a way to set up a custom massage program can take advantage of the medical spa's massage packages. Customers can choose the length of the massage session along with any add-ons they might want.

"Make yourself a priority in 2021," says the medical spa. "Why spend more at a spa with less results in your treatment? Our goal is to be the best medical massage clinic and day spa in Puyallup. Give your special someone the gift of relaxation and well deserved me time." Buy a gift certificate or schedule a massage to show your special someone you went that extra step to ensure they feel loved. Choose a 60, 90 or 120 minute session and customize with one of our Add-Ons or a Signature Candle.

Massage therapy can offer a number of benefits. Whether one is looking for a solution to back or muscle pain or simply looking for a way to relax, massage therapy can help. Muscular pain is one of the most common complaints dealt with by the massage therapists at Unlocking The Body. Massage therapy can also assist

expectant mothers by making it so when they inevitably go into labor, it is shorter and easier ? and the following maternity hospital stay is reduced as well. Massage therapy and bodywork can also decrease medication dependence, enhance immunity, exercise and stretch atrophied muscles and help athletes recover from strenuous workouts (among a long list of other advantages).

A trained massage therapist can make a world of difference, offering relief from pain and an unparalleled level of relaxation. Bodywork has been proven to produce results whether it is sought out as a treat or as a treatment. Some experts attribute 90% of all diseases to stress. In addition to causing illness, stress also causes the body to age faster both internally and externally. Modern life is incredibly fast paced and stress inducing but it can be managed by skilled massage therapists.

?In response to massage, specific physiological and chemical changes cascade throughout the body, with profound effects,? says *Unlocking The Body*. ?Research continues to show the enormous benefits of touch ? which range from treating chronic diseases, neurological disorders and injuries, to alleviating the tensions of modern lifestyles. Consequently, the medical community is actively embracing bodywork, and massage is becoming an integral part of hospice care and neonatal intensive care units. Many hospitals are also incorporating on-site massage practitioners and even spas to treat post-surgery or pain patients as part of the recovery process.?

Frequent visits to a massage therapist?s office only increase the benefits of massage therapy. Taking part in regular self-care can do a lot to make sure that one remains healthy for years to come. It is important to set aside time and money for bodywork consistently, and many who do have already begun seeing the benefits. While massage therapy may, to a lot of people, sound like a leisure activity, it is a necessary part of looking after one?s body, and going without it means going without an important self-care activity (which can have serious consequences).

Many have left reviews online talking about their experiences with *Unlocking The Body*. Araceli says, ?I went in for an Ini claim. Every time I went in, I had a different massage therapist. They were all very kind and attentive. I was always asked beforehand how I was feeling and what areas of my body were hurting. Made me feel comfortable and helped me relax each time I went. Thank you for the great experience overall, the receptionist were all very nice as well. I like that I could text them and they respond immediately too.?

Another client left a 5-Star review stating, ?This place is the best. They are very booked, but the customer service is top notch, and they have many skilled people practicing many different modalities. There's someone here for anyone. Definitely worth the wait.?

For more information on massage therapy in Puyallup, visit the company's official website. Jennifer Bull of Unlocking The Body Massage Therapy can be reached for further details as well.

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For more information about Unlocking The Body Massage Therapy, contact the company here: Unlocking The Body Massage Therapy Jennifer Bull (253) 970-8256 info@unlockingthebody.com 8112 112th St Ct E, Puyallup, WA 98373

Unlocking The Body Massage Therapy

Established in 2008, Unlocking The Body is a Massage Therapy Clinic in Puyallup. We accept Health Insurance, Car Accidents, Work Related Injuries, as well as Private Pay for general wellness or stress relief in our day spa.

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