

European Massage Therapy Offers Weekend Hours in Hopkins MN

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European Massage Therapy announces new weekend hours to serve residents of Hopkins Minnesota and surrounding communities with professional licensed massage and body work. The woman owned has been serving the Western Metro area of Minneapolis since 1998. Salon owner Senada Zakariasen, is a native of Bosnia and survivor the war there. She brings a multi-cultural perspective to her work with a special attention to the healing process, spirituality and the nurturing elements associated with her unique style of massage.

Her grandson, Malcolm Rowan Drljic Netwal, has followed the family tradition and was gained certification from the celebrated Massage Therapist School of Sedona, AZ in 2017.

Both are licensed by the City of Hopkins, Minnesota, since Minnesota lacks a formal statewide licensing capacity. Both are also members of ABMP, Associated Bodywork & Massage Professionals.

Malcom will be offering weekend hours from 10 AM to 8 PM on Friday, Saturday, and Sundays, by appointment. Interested parties are invited to call 612 392-6527. Their location is 901 1st Street North Suite #901C Hopkins, MN 55343

Services offered include Esalon Massage, Deep Tissue Massage, Lymphatic Massage, Sports Massage, Reflexology, Pregnancy Massage, Connective Tissue Massage, Swedish Massage, Myofascial Release and Fibromyalgia Treatment.

The benefits of massage include deep relaxation and stress reduction, relief of muscle tension and stiffness, greater joint flexibility and range of motion, reduced blood pressure and increase circulation. Patients report faster healing times from sprained ligaments and pulled muscles, reduces spasms, pain and swelling.

Clients Can expect to feel better than they have as a result of their massage. Upon entering the treatment

room, one's therapist will step out allowing patients to undress and relax on the massage table. During treatment patients are draped at all times to protect their privacy.

Typically, massages are performed in a low light atmosphere with calming music and a warm setting. Patients are encouraged to express their feelings and emotions and inform their therapist of any discomfort or concerns. Everything is confidential and patients can feel at ease.

After a massage, patients are encouraged to drink plenty of water in order for the body to effectively flush all of the toxins released during the massage. Malcom says that most people feel very relaxed after a session, and many feel freedom from aches and pains that have built up over months of tension or repetitive activity. This in turn often results in a spurt of energy and clarity of mind.

Massage is an ancient practice with Chinese records dating back as far as 3000 years. In the United States the practice of therapeutic massage dates back to the 1890's. Today, massage is a well-established part of a holistic approach to self-health care combined with exercise, nutrition, and relaxation.

While a single massage can do wonders, European Massage Therapy is capable of designing a customized program of massage to be applied over a series of therapeutic sessions. In today's hectic world. They encourage their clients to slow down, decompress, and relieve the built-up tensions that slowly build over time.

More information on their various massage services can be found on their website <http://www.europeanmassagetherapy.com> and appointments can be made via their massage therapy Google Site and directions can be found by consulting their Professional Massage Google My Business page.

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For more information about European Massage Therapy, contact the company here: European Massage Therapy (612) 392-6527 901 1st street North Hopkins, Minnesota 55343

European Massage Therapy

European Massage Therapy is a therapeutic massage clinic offering rejuvenating massages and healing bodywork modalities

Website: <http://www.europeanmassagetherapy.com/>

Phone: (612) 392-6527



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