Unlocking The Body Offers Massage Therapy For Veterans In Puyallup

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Puyallup, Washington based Unlocking The Body is pleased to announce that the VA Office of Community Care in the Puget Sound Region has approved them as a Community Care Provider for Massage Therapy. The Veteran can ask their PCP or local VA Office about other benefits offered by the Community Care Program, including hypnotherapy, biofeedback, relaxation techniques, Tai Chi, and Native American healing. Learn more here: Massage Therapy For Veterans In Puyallup.

Massage therapy and the care of veterans go hand in hand and can aid in the treatment of various physical injuries and other ailing conditions. VA benefits now cover the treatment of chronic pain, sleep disorders, stress-related problems, and many other recognized diagnoses. According to research, massage therapy may be a good option for managing pain and reducing the need for painkillers. It may also help people resume daily activities that have been hindered by their condition, improving their quality of life and even reducing some PTSD symptoms.

The center's website lists several advantages associated with massages. These benefits include reducing muscular pain and increasing range of motion; assisting with easier and quicker labor for expectant mothers; reducing the length of hospital stays for new mothers; reducing medication dependence; boosting immunity by enhancing lymph flow, the body's natural defense system, exercising and stretching weak, tight, or atrophying muscles; and helping athletes of any level prepare for and recover from strenuous workouts.

In Puyallup, craniosacral therapy (CST) is also available at Unlocking The Body. John E. Upledger, an osteopath, was born in 1970. During a patient's neck surgery, Upledger first noticed the rhythmic motion of what would later be called the craniosacral system. Dr. Upledger was driven to learn more about what he had seen, so he set out to conduct research to establish the reality of cranial bone motion. At Michigan State University, where he worked as a clinical researcher and professor of biomechanics from 1975 to 1983, he oversaw a group of anatomists, physiologists, biophysicists, and bioengineers who conducted research and testing. He eventually developed CranioSacral Therapy as a result of his continued research in the area.

A CST practitioner tests the ease of motion and rhythm of the cerebrospinal fluid pulsing around the brain and spinal cord by lightly touching various body parts in order to evaluate the craniosacral system. After that, any tissues affecting the craniosacral system are released using soft-touch techniques. Craniosacral therapy can treat a wide range of dysfunctions, from chronic pain and sports injuries to stroke and neurological impairment, by restoring the environment around the brain and spinal cord and enhancing the body's capacity to self-correct.

Unlocking The Body Massage Therapy includes a full massage session in their spa packages. The base price for a one-hour session is $90; the base price for one and a half hours is $135; and the base price for two hours is $180. Their massages are guaranteed to help the body relax and are performed by highly qualified professionals. In addition to standard body massages, they provide breast-chest massages, hot stone massages, thai yoga massages, ashiatsu massages, intraoral massages, craniosacral therapy, and other services.

Further, Unlocking The Body Massage Therapy offers sensory deprivation sessions in floatation tanks as part of their specials for new clients. An individual can float for 60 or 90 minutes in the 6' x 9' custom, glass-enclosed float pool at Unlocking The Body, which has 9' ceilings. They can float weightlessly and comfortably in the spa?s Float Pool, which has about 250 gallons of solution, is about 12" deep, and uses about 1,200 pounds of dissolved epsom salts. Additionally, the massage center provides free access to a variety of bolstering techniques, room and water temperatures, and other comfort options. For those who want to unwind and have fun, floatation therapy is highly advised.

To learn more about the range of services offered at the Unlocking The Body day spa in Puyallup, anyone may visit the official website or contact them via phone or email.

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For more information about Unlocking The Body Massage Therapy, contact the company here:Unlocking The Body Massage TherapyJennifer Bull(253) 970-8256info@unlockingthebody.com8112 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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