



Tree of Life Wellness Center Emphasizes Massage Therapy in Elmhurst, IL

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Tree of Life Wellness Center has offered massage therapy in Elmhurst, IL as part of its non-surgical reconstructive care and wellness services to families in the area since 2005. The practice integrates massage therapy with chiropractic care and other supportive modalities to help address muscle tension, stress, and recovery needs for busy moms, children, and active adults.

Massage therapy represents one of the oldest healing practices in the world and continues to play a role in wellness support. At the center, licensed massage therapists deliver sessions that focus on reducing stress, easing muscle tension, improving circulation, and promoting a sense of balance. These sessions complement the center's chiropractic services, which emphasize gentle adjustments and corrective approaches.

Dr. Kelly Synowiec-Moroney, founder and lead chiropractor, oversees the integration of massage therapy within the broader care model. With more than 26 years of clinical experience, she holds a Bachelor of Science from Northern Illinois University and a Doctor of Chiropractic degree from National College of

Chiropractic. She maintains certifications in pediatric chiropractic care, wellness practice, and functional medicine. Dr. Synowiec-Moroney personally manages consultations, examinations, and adjustments while coordinating with team members including massage therapist Heloise.

"Massage therapy serves as a valuable complement to chiropractic care by helping to release muscle tension and support circulation in alignment with efforts to restore proper movement," said Dr. Kelly Synowiec-Moroney, Founder and Lead Chiropractor at Tree of Life Wellness Center. "Patients often incorporate these sessions into their routines as they manage family responsibilities, work demands, and physical activity."

Massage sessions at the center utilize a blend of Swedish, orthopedic, and sports massage techniques. Therapist Heloise, a graduate of National University of Health Sciences, applies relaxing, restorative methods that prioritize gentle releasing techniques without overly aggressive pressure. This approach makes sessions suitable for a range of patients, including those seeking prenatal massage support when appropriate.

The service addresses areas such as stress relief by calming the nervous system and reducing daily tension. It also supports management of pain and muscle tension through targeted work on tightness, soreness, and stiffness. Sessions can contribute to better movement by enhancing flexibility, circulation, and mobility. For recovery and wellness, massage therapy fits into routines for active adults and busy parents seeking ongoing self-care.

Tree of Life Wellness Center structures patient care with an initial consultation that includes health history review and examination, followed by a findings visit and development of a personalized plan. Massage therapy integrates into these plans alongside chiropractic adjustments using instrument-assisted methods such as Impulse IQ and Activator. These gentle techniques suit patients of various ages, including children, and minimize traditional adjustment sounds. Corrective therapies like wall traction, vestibular exercises, lordotic pump therapies, and customized home exercise programs provide additional support. Red infrared light therapy offers a complementary modality for circulation and tissue recovery.

Nutrition and wellness guidance rounds out the offerings, with personalized recommendations and access to a professional online dispensary for supplements. This addresses physical, mental, and chemical aspects of wellness. The center focuses on common concerns including discomfort related to sciatica, neck pain, back pain, hip pain, and foot pain through coordinated, conservative methods. Most insurance plans are accepted, with filing support provided.

"Integrating massage therapy allows patients to experience support for both immediate tension management and contributions toward longer-term mobility and balance," Dr. Kelly Synowiec-Moroney noted. "This fits with our ongoing commitment since 2005 to help families maintain function and activity levels through approaches

that emphasize the nervous system's role in natural healing."

Since its establishment, the center has operated from a single location at 551 S Spring Rd in Elmhurst, prioritizing one-on-one care without delegation to assistants. Dr. Synowiec-Moroney handles every aspect of chiropractic care personally, drawing from her experiences as a mother and her own journey with health challenges during childhood and adolescence. This background informs the practice's family-centered philosophy, which recognizes the demands on busy moms while supporting pediatric and active adult patients.

Core values of honesty, compassion, and empowerment through education guide operations. Patients receive transparency in treatment planning and education on their conditions to support active participation. The practice coordinates with other healthcare providers when beneficial and maintains flexible scheduling to accommodate family needs, including Saturday morning appointments.

Community engagement includes Dr. Synowiec-Moroney's role as president and founding member of the Elmhurst Wellness Team. She has contributed to local initiatives, such as fundraising efforts supporting homeless students. The center's approach remains consistent with its founding principles of natural, drug-free strategies that target root causes rather than isolated symptoms.

Massage therapy contributes to the overall model by promoting relaxation and restorative benefits while pairing with chiropractic services focused on nervous system function and muscle support. Sessions emphasize customization based on individual goals, comfort levels, and lifestyles. This integration provides families with multiple avenues for addressing tension, recovery, and wellness maintenance without reliance on medications or invasive procedures.

Over more than two decades, Tree of Life Wellness Center has maintained its presence in the Elmhurst community as a resource for holistic wellness. The inclusion of massage therapy exemplifies the coordinated care structure that addresses nerve, bone, and muscle components together. Educational elements help patients understand contributing factors and strategies for long-term health management.

Dr. Kelly Synowiec-Moroney's leadership continues to shape the practice, combining clinical expertise with practical insights from family life. Her philosophy centers on the body's capacity for healing when supported through proper nervous system function, movement restoration, and complementary therapies. The center's stable service model supports patients across life stages, from prenatal care through active adulthood.

Tree of Life Wellness Center remains dedicated to its role in the community by offering approachable wellness options. The integration of massage therapy within its services provides families with supportive bodywork alongside chiropractic and corrective care. This structure aligns with the practice's mission of

empowering individuals through knowledge and natural approaches to health maintenance.

Tree of Life Wellness Center offers non-surgical reconstructive care, chiropractic services, massage therapy, corrective therapies, and wellness support to families in the Elmhurst area. Founded by Dr. Kelly Synowiec-Moroney, the practice specializes in family wellness with attention to the needs of moms, children, and active adults.

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For more information about Tree of Life Wellness Center, contact the company here: Tree of Life Wellness Center Dr. Kelly Synowiec-Moroney (630) 941-8733 office@elmhurstwellness.com 551 S Spring Rd Elmhurst, IL 60126

Tree of Life Wellness Center

We work with families to help them understand that many chronic conditions can be helped with non-surgical reconstructive care, rather than routine prescription drugs and surgery.

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