

Massage Therapy

with Candy or Kelly, our Licensed Massage
Therapist
at ChiroFit Health and Wellness

Self care is so important, and while getting a massage feels like a luxury- it can easily become the most beneficial way to relax your body and allow it to take care of itself. Some benefits of massage are improved quality of sleep, relax muscle aches and pains, boost immunity, soothe anxiety, depression, and can help with digestion too!



Massage Therapy FAQ

What is Massage Therapy?

Massage therapy is manual manipulation of soft body tissues (muscle, connective tissue, tendons and ligaments) to enhance a person's health and well-being. Massage therapy can benefit anyone physically, mentally, or emotionally. Chronic issues, joint mobility, circulation, stress or anxiety are a few issues massage therapy can assist with.

What to expect during a Massage Therapy session?

You can choose the length of your massage to be 60 or 90 minutes. If you have been involved in an auto accident, 60 minute massages are covered under MN No Fault. When you arrive for your first massage, the therapist will check in with your needs and answer questions you have prior to starting. Communication is important during a massage if you are ever uncomfortable or would like to have more pressure feel free to speak up. Once your massage concludes, the massage therapist will leave the room and offer you water. It's so important to hydrate after a massage!

What do I wear to a Massage Therapy session?

Whatever is most comfortable for you. If you prefer to leave your under garments on you may do this.

What type of massage should I expect?

Each massage therapist have the best interest of their clients in mind. Depending on the areas you need focused on and the condition of your body they are trained do varying degrees of pressure and movement to best suit your needs.

How often should I receive a massage?

For those who use massage as preventative care or to manage daily stress, one massage a month is common. Weekly sessions may be desirable if you are receiving massage for injury relief, an auto accident, or to relieve chronic tightness that is interfering with your daily life.