

# OUR FEATURED SERVICES



## *Cryotherapy*

Cryotherapy uses cold temperatures to reduce inflammation, boost circulation, and speed up recovery. It's an effective treatment for pain relief, faster healing, and overall wellness.

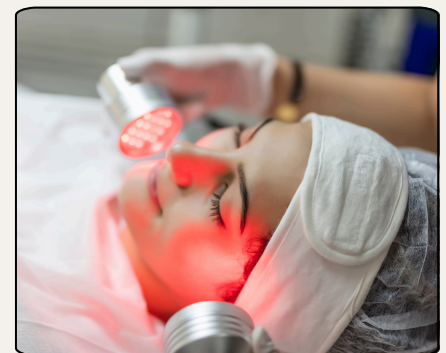
*Targets muscle soreness, joint pain, and recovery from injuries.*



## *MLS Laser Therapy*

MLS Laser Therapy uses advanced laser technology to reduce pain and inflammation while promoting faster healing. It's a non-invasive solution that accelerates recovery and improves mobility.

*Benefits include pain relief, enhanced healing, and improved mobility.*



## *Acupuncture / Dry Needling*

Acupuncture and dry needling focus on specific points to relieve pain, ease muscle tension, and restore balance to the body. These therapies are ideal for those with chronic pain or muscle spasms.

*Targets pain, muscle tension, and stress relief.*



## *Massage Therapy (3 Available Therapists)*

Our massage therapists offer personalized treatments designed to relieve tension, reduce stress, and improve circulation. Whether you're looking for relaxation or targeted muscle work, our therapists provide the care you need.

*Benefits include stress reduction, muscle relief, and improved circulation.*



## *Aesthetician Services (Lorrie Shaver)*

Lorrie Shaver provides customized skincare treatments to rejuvenate your skin and address specific concerns like aging or acne. Each treatment is tailored to your needs for a refreshed and youthful appearance.

