

Swedish Massage

Swedish massage is very relaxing and therapeutic style of bodywork.

Oils and creams combined with an array of strokes such as rolling, kneading and percussion to help improve circulation in the body. The benefits include relief from aches and pains, decreased stress levels in the body, enhanced mental clarity, improved appearance and greater flexibility.

When applying a massage regularly once a month can help managing a healthier you, remembering massage is only one part of the system.

Proper diet, consumption of water and rest are necessary to keep physical ailments down due to the demands of hectic life.



Molly's
Massage & More