

RECOVER & RESTORE MOBILITY

Suggested starting points for muscular recovery, overuse, returning to activity and rebuilding movement confidence.

SUGGESTED SERVICES

AVAILABLE NOW

Focused Clinical Massage

A focused, individualized massage session for one or two specific areas of muscular tension, soft-tissue discomfort or stiffness. May be performed fully clothed or partially draped.

Therapeutic Massage Techniques

An individualized massage using techniques and pressure selected for your needs, supporting general muscular comfort across one or several areas.

Deep Tissue Massage/NMT

Firm, targeted massage techniques for deeper muscular tension, trigger points and persistent areas of tightness, adjusted to your comfort.

PLANNED ON OR AFTER OCTOBER 1, 2026

Functional Mobility Training

Individualized movement activities that may include mobility exercises, corrective exercise, balance work, body-mechanics education and home strategies.

Integrated Wellness Session

A personalized combination of focused massage or manual techniques, functional mobility strategies, corrective exercise and movement education.

Active Lifestyle & Performance Program

Guided mobility, stability and movement-quality activities supporting exercise, recreation and physically demanding lifestyles.

Exact availability may vary by service, program, enrollment and scheduling.

EverLife provides independent, nonmedical wellness services. Services do not include medical diagnosis, physical therapy or rehabilitation.