

RELAX, RESET & RECHARGE

Suggested starting points for stress relief, restorative self-care and intentional time to slow down.

SUGGESTED SERVICES

AVAILABLE NOW

Relaxation Swedish Massage

Smooth, flowing massage techniques designed to encourage physical relaxation, ease everyday tension and support restorative self-care.

Lymphatic Massage

A gentle, specialized full-body session using light, slow and rhythmic techniques to support healthy fluid movement and relaxation.

Therapeutic Massage Techniques

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

PLANNED ON OR AFTER OCTOBER 1, 2026

Somatic Movement & Body Awareness

Gentle, guided movement and body-awareness activities supporting relaxation, movement confidence and connection with your body.

Integrated Wellness Session

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

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.