

RELIEVE TENSION & DISCOMFORT

Suggested starting points for muscular tension, soreness, stiffness or overworked areas.

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

Initial Functional Wellness Consultation

A personalized 60-minute starting point for discussing your goals, movement abilities and concerns, then identifying appropriate EverLife services and next steps.

Integrated Wellness Session

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

Functional Mobility Training

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

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.