

REST & DIGEST SUPPORT

Suggested starting points for deep relaxation, abdominal comfort, breath awareness and support for the body's natural rest-and-digest state.

SUGGESTED SERVICES

AVAILABLE NOW

Relaxation Swedish Massage (Rest & Digest Focus)

A calming Swedish massage using smooth, flowing techniques, slower pacing and optional breath awareness to encourage deep relaxation and support the body's natural rest-and-digest state.

Focused Clinical Massage (Abdominal Focus)

A focused clinical massage that may include gentle, consent-based abdominal techniques, breathing support and work to nearby muscular areas. Abdominal work is optional and provided only when appropriate after screening.

Lymphatic Massage

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

PLANNED ON OR AFTER OCTOBER 1, 2026

Integrated Wellness Session (Rest & Digest Focus)

A personalized combination of calming hands-on techniques, gentle mobility, breath awareness and wellness education supporting relaxation and body awareness.

Somatic Movement & Breath Awareness

Gentle guided movement, breath awareness and body-awareness activities supporting relaxation, comfort and a calmer transition out of everyday stress.

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

EverLife provides independent, nonmedical wellness services. Services do not diagnose or treat lymphatic, circulatory, digestive or other medical conditions and do not include physical therapy or rehabilitation. Screening, modification or medical clearance may be required.