



Massage Therapy

What is Massage Therapy?

Massage is the application of soft-tissue manipulation techniques to the body, generally intended to reduce stress and fatigue while improving circulation. The many variations of massage account for several different techniques. The benefits of registered massage therapy are varied and far-reaching. As an accepted part of many physical rehabilitation programs, massage therapy has also proven beneficial for many chronic conditions, including low back pain, arthritis, bursitis, fatigue, high blood pressure, diabetes, immunity suppression, infertility, smoking cessation, depression and more. And as many millions will attest, massage also helps relieve the stress and tension of everyday living that can lead to disease and illness.



Benefits of Massage Therapy

Massage therapy relaxes muscles, easing and soothing your aches and pains. It rejuvenates—restoring balance to our body and being, making you better for all the things life throws your way. OMNI Health and Rehab Clinic believes everybody deserves a great, customized massage, so we have made relaxation convenient.

OMNI Health and Rehab Clinic offers many different massage styles to choose from—Swedish massage for overall body relaxation Deep tissue massage to loosen those stubborn knots that keep your muscles tied up and tense Sports massage to stretch marathon runners and weekend warriors alike Pre-Natal massage for soon-to-be moms and the always popular, hot stone massage.