



Experience the healing power of the elements touch.

Medically proven to do everything from alleviating stress to lowering blood pressure to decreasing migraines, insomnia and depression, therapeutic massage is a vital part of body maintenance. In fact, the therapeutic benefits of massage can have a positive, lasting impact on your wellness.

At every single one of our over 70 locations nationwide, the amazing benefits of massage therapy are paired with flexible scheduling, affordable prices and outstanding service to create the elements experience.

Our highly trained and qualified massage therapists work with you to meet your individual needs, and with hundreds of appointments per week, a visit to elements always fits your schedule.

types of massage

elements therapeutic massage currently offers six different types of therapeutic massage. Each kind of massage is performed by a certified (CMT) or licensed (LMT) massage professional.

swedish massage

Light pressure and relaxing; this soothing massage and gentle touch takes you to a new level of stress reduction.

deep tissue massage

Deep tissue massage flushes toxins from your body and enhances the immune system by increasing the production of t-cells. It also helps to decrease chronic muscle pain. It is a large part of injury rehabilitation and reduces inflammation-related pain caused by arthritis and tendonitis. It is generally integrated with other massage techniques.

trigger point work

Direct pressure applied to your "knots" provides immediate relief of tension. Success may be measured subjectively by the level of pain reduction experienced by the client. It is generally integrated with deep tissue massage.

prenatal massage

A trained prenatal specialist performs this relaxing massage for an expectant mother. The techniques used enhance the well-being of both the mother and the baby to reduce pregnancy discomfort. In the postpartum period, specialized techniques help to rebalance structure, physiology and the emotions of the new mother.

hot stone massage

15–30 smooth basalt stones are heated to 125 degrees and combined with Swedish or Deep Tissue Massage for maximum relaxation. As a result of incorporating hot stones with your massage, you will experience an enhanced release of toxins and a deeper sense of relaxation.

sports massage

Regular athletic activity leads to a consistent build–up of tension in the muscles and causes stress on joints, ligaments and tendons. Sports massage is designed to reduce injuries and alleviate tissue inflammation; this technique is for novice and professional athletes alike before, during and after training events.

chair massage