

Massage Therapy – Senior Services

DEFINITION

Using therapeutic massage as a tool to ease pain, reduce stress and facilitate self-healing.

SERVICES

These businesses offer therapeutic massage by a Certified Massage Therapist.

Other services offered include:

- Personalized therapy plans
- Offer services in-home setting
- Portable table or chair massages
- Respectful care from a chosen care professional that a senior feels comfortable with to provide the personalized touch involved in massage therapy

Massage – Senior Therapy

Errands and Things, LLC

John S. Armstrong..... (612) 600-6459

Customized Senior Care & Massage Services

www.errandsandthings.com

ERRANDS & THINGS LLC

Massage by a Certified Massage Therapist

Specializing in Seniors



Featuring:

- Personalized Therapy Plans
- At Home Setting
- Great for Caregivers Too
- Presentations on the Benefits of Massage
- Group Events

Contact John at:

612-600-6459

Misterkats@aol.com

Serving Minneapolis and the South West Metro

Pure Touch Massage Therapy

Katherine Heikes (763) 381-4044

For Relaxation & Recovery

www.pure-touch.massagetherapy.com

Massage – Senior Therapy

