Welcome!

HANDS on HEALTH
Massage Therapy & Wellness

HELPING HANDS

News and Updates November 2018

Helpful Links

[Customer Events]

[Meet Our Team]

[Scheduling Tips]

[Blog and Posts]

Mark Your Calendars!

Stress Buster Holiday Kickoff

Free Chair Massage

Monday, November 19th
9:00 am - 7:00 pm

Read More & Register

Featured Reviews

Dawn was Fantastic! Her knowledge of the body it's responses and processes, and how it all works together in conjunction with the mind was outstanding! Her attention to detail and ability to creatively work through my injury made me very comfortable and ready to come back for another session!
-Alexis H

Without a doubt the best place for a massage in the RTP area. Every therapist I've seen for the last four years has been top notch.

-Chris F

Leave us a review on
Facebook • Google • Yelp

Together Everyone Achieves More

Upcoming Drop In & Discover Events

SPCA OF WAKE COUNTY

BOYS & GIRLS CLUBS OF JOHNSTON COUNTIES

TAP TRIANGLE APHASIA PROJECT UNLIMITED

Sign up for these events & find out about more by visiting www.HandsOnHealthNC.com/Events

Pregnancy Massage -
Steps To An Ache-Free Pregnancy
$10//attendee (Donations go to Boys & Girls Clubs of Johnston County)
WED, November 7th, from 12:00 pm - 1:30 pm

TMJ Pain & CranioFacial Massage
$10//attendee(Donations go to TriangleAphasiaProject.org)
WED, November 28th, from 3:00 pm - 4:30 pm

Health Awareness Month

What types of body work can one with epilepsy receive?

● Reflexology ● Swedish Massage ● Aromatherapy

If you or someone you know would benefit from body work we'd love to work with you.

Learn More About Our Team

Book Now!

National Epilepsy Month

What is Epilepsy?

- Epilepsy is the fourth most common neurological disorder and affects people of all ages.
- Epilepsy means the same thing as "seizure disorders."

EPILEPSY FOUNDATION

FAQ Of The Month : Gift Certificates

"Can I purchase a package and split it between multiple recipients?"

Yes!

Packages can always be shared or gifted

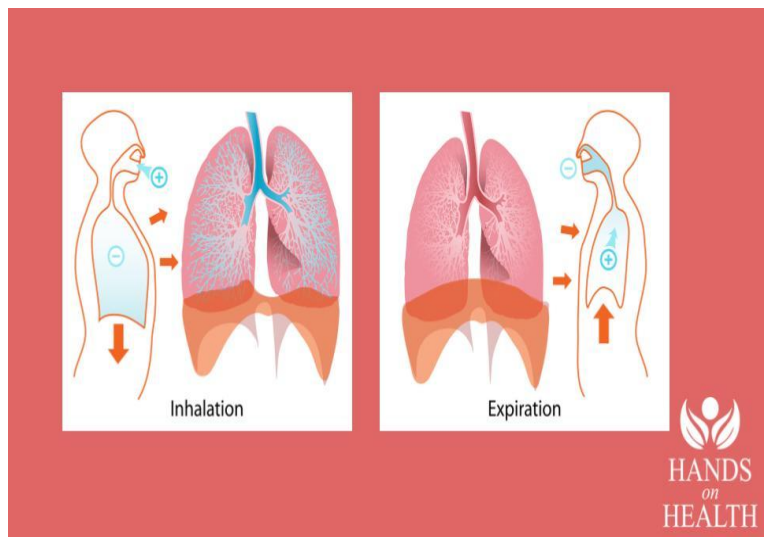
Let us know and we'll create beautiful gift certificates for you

Blog News : *Improve Your Health With Breath*

From our Blog : *Improve Your Health With Breath*

Breath. Such a simple thing. It's essential to life, but yet how often do we think about it?

It ebbs and flows throughout our days and we barely give it a second thought. We're going to look at some ways our breath improves our health – including some techniques you can utilize today. >>Read More



A Friendly Reminder From Our Team

Daylight Savings Time Ends

Sunday November 4th

Be sure to set your clocks back an hour Saturday evening!

Stay In Touch

Click Here To Book Your Appointment Online

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See what's happening on our social sites: