

Welcome!



HELPING HANDS

News and updates Fall 2019

Helpful Links



Customer Events



Meet Our Team



Scheduling Tips



Blog and Posts

Series Savings

Save 20% off massage sessions when you purchase one of our series packages. Series packages come in sets of 5 or 10. Clients are welcomed to select the option that best suits them. These package options are good for 1 year and can be utilized between family and friends. Series packages are available starting at the hour length of session. Inquire Today!



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



"I couldn't be more pleased with my experiences at Hands On Health. From the receptionist to each massage therapist I have utilized. They're incredibly professional, knowledgeable, and get phenomenal results. Not only are they my go to for massage therapy and muscle work but they're who I trust to send my patient's to as well. Without a doubt I'd recommend them!"

-Stephen Kosterman, DC

Upcoming Drop In & Discover Events



Sign up for these events & find out about more by visiting
<https://handsonhealthnc.com/events/>

Save Our Sleep, \$10pp

Mon, Oct. 28th 6p-7p (presented by Tom Maxson)

TMJ Pain and CranioFacial Massage, \$10pp

Wed, Nov 20th, 3p-4:30p

Happy Baby: Learn To Massage Your Baby,

\$25/baby family

Wed, Dec 11th, at 12:30p-2p

(limited to two babies or two baby families per class)

Oct 11 | Greenways Glow Ride
(Symphony Lake Greenway at Booth Amphitheatre) | 6:00 pm Decorating/ 7:00 pm Ride



Health Awareness Month :



October is Breast Cancer Awareness Month. Be sure to keep up on health screenings and checkups with your health providers. Also feel free to stop by Hands on Health and book a massage for all your wellness and therapeutic needs!

FAQ Of The Month

Did you know that if you purchased a 60 minute series, that makes you eligible for the 20% savings any time you need a longer massage? Ask us how.

Did you know that you can use your series toward a longer session at any time? We can convert your series to a 20% off certificate. This certificate gives you 20% off any session that is 60min or longer or 10% off 45min and 30min sessions. Inquire Today!



Blog News:

Sending Love and well wishes to Jean Rowe as she takes a break from Massage Therapy in order to get a much needed ankle surgery. She will return with us in January. Best wishes!



Stay In Touch

[Click Here To Book Your Appointment Online](#)

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