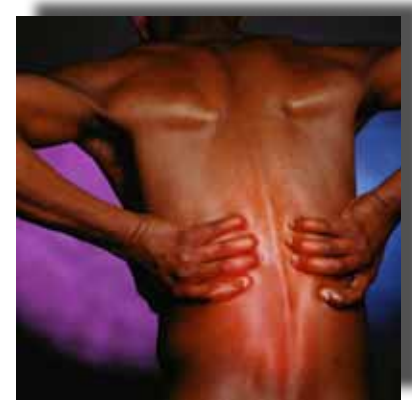




After 7 years, we've opened up a new rehab & wellness clinic in North Orlando; [Integrative Touch and Bodywork](#). The owners are both seasoned therapist who also specialize in chronic pain and personal injury. We are both educators in the massage field and currently teach the advanced medical massage program at [FCNH](#).

This new pain and stress management clinic is a bold attempt to educate, enlighten and empower the general public about the [benefits of regular massage therapy](#). Although we will be providing a diverse range of [massage modalities](#), such as Thai-Yoga Bodywork, Integrative Energywork,



Integrative Cranial Therapy, etc; our hallmark approach is what we like to call [Integrative Massage](#). This system of bodywork blends and weaves 'the best of' what we've learned in our successful medically based practices. Therapeutic relaxation is only the tip of the iceberg. **Integrative Massage** taps into the body's



inherent and intuitive healing powers. This goal-oriented approach to manual therapy is both holistic (wellness/prevention) and scientific (medical). Its premise is that the body functions as a whole and not as a sum of its parts. It attempts to re-educate the client about the importance of posture, movement, breathing patterns and stress management (self-awareness) as keys to optimum health and wellbeing. This method focuses on assessing, treating and preventing muscle tension and joint dysfunction. In regards to pain, we hope to reduce the need for pharmaceuticals and invasive medical procedures, such as surgeries. We work within the context of a medical team consisting of [traditional & alternative health care providers](#).

[Contact us](#) when you are ready to experience the evolution of massage therapy beyond the spa environment.

"When you've had the best, why go anywhere else?" - Dan Smith, Law Enforcement

"Totally unlike anything I've ever experienced in a spa." - Trista Robison, Account Executive

"It's like receiving massage therapy from the future." - Anamaria, Graphic Designer

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