



MEMBER SPOTLIGHT



1008 Winchester Ave., Martinsburg, WV 25401
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www.synergymassageandwellness.net



We specialize in individualized Therapeutic Massage Sessions for pain relief and rejuvenation. Our goal is to help you feel your absolute best, whether that includes a relaxing full body massage or a therapeutic session that targets a specific area of pain. Our therapists are constantly broadening their skillsets with the latest techniques, coupled with traditional modalities to offer you the highest quality treatment. Whether you are looking for pain relief or relaxation, we can help you.



Our Services:

Clinical Massage - Clinical techniques can offer relief from pain stemming from sciatica, frozen shoulder, tennis elbow, and a variety of other common conditions. Clinical sessions focus on a specific problem area and range from 30-45 minutes.

Sports Massage - Whether you are a self-proclaimed CrossFit fanatic or a weekend warrior, we can help you with Pre-Event and Post-Event massage, as well as Injury Recovery, Kinesio Taping, Instrument Assisted Soft Tissue Manipulation, Assisted Stretching, and Cupping Therapy. Sports Massage techniques may be incorporated into Clinical or Full Body sessions.

Traditional Full Body Massage - We provide a variety of traditional therapeutic massage modalities including: Deep Tissue, Trigger Point, Myofascial Massage, Swedish Massage, Lymphatic Massage, and more. Full Body massage is great for relaxation as well as general aches and pains.

Craniosacral Therapy - Craniosacral Therapy involves light palpation and holding of the skull, spine, and pelvis. This palpation helps regulate the flow of cerebrospinal fluid to help relieve a variety of issues including headaches, neck and back pain, TMJ dysfunction, chronic fatigue, motor-coordination difficulties, central nervous system disorders, and more.

Reflexology - Foot Reflexology can be used to treat chronic pain and help relax the entire body by promoting homeostasis and balance, allowing it to heal naturally.



Promoting Whole Body Wellness - We also host various wellness workshops and healthy living classes to help keep your whole body balanced. Topics and activities include Yin Yoga with Fascia Release, Tai Chi, stretching, nutrition, and other self-care workshops. We will be announcing additional workshops to help you get your New Year off to a healthy start. Follow us on [Facebook](https://www.facebook.com/synergymassageandwellness) for updates.

Member 2 Member Discount - We are offering 20% off for Chamber Members on any 30 minute, 60 minute, or 90 minute session as well as gift cards purchased in December.