

### 3/22/2017 - Therapeutic Massage and Wellness

Therapeutic Massage and Wellness, located on Lake Avenue, offers numerous types of massages that work to improve both your physical and mental health. Some of these include: sports massage, neuromuscular therapy (NMT), and auto accident massages. With many years of experience in massage therapy, they ensure that you leave feeling relaxed and rejuvenated.

Owner and licensed massage therapist, Jenna Dallinga, has extensive training, especially in lymphatic drainage. Jenna uses her lymphatic training to help rid your body of sluggish tissues made up of waste and swelling.

In addition to massages, Therapeutic Massage & Wellness also offers skin care services, waxing, spray tanning, body wraps, Reiki and guided meditation.

Hate being rushed out of your massage appointment? Continue your soothing day by adding wellness time to your session. Enjoy a cup of tea and some peaceful relaxation.

Therapeutic Massage and Wellness is open Monday through Saturday and Sunday by appointment only. You can even schedule right online!

For more information, call 203-826-3355 or visit:

[www.jennadmassage.com](http://www.jennadmassage.com)

