

Stretch Therapy

Stretch Flex Services



A customized 1 on 1 assisted

stretch session "stretch me please", that incorporates active isolated stretching, Proprioceptive Neuromuscular Facilitation (PNF), static and dynamic stretching to increase range of motion and maximize soft tissue movement throughout the body. This is Assisted stretching that offers hope for tight, limited muscles to improve flexibility, reduce pain and discomfort, increasing joint range of motion, and correcting muscle imbalances in the body.

Service

Rate

30 Minutes

\$50

60 Minutes

\$80

Packages

Service

4 Sessions

6 Sessions

8 Sessions

30 Minutes

\$175

\$252

\$320

60 Minutes

\$300

\$445

\$560

**Monthly: \$74.99 - 1 60 min.
session a month with
additional sessions at the
same discount.**

Stretch Flex Services



A customized 1 on 1 assisted stretch session "stretch me please", that incorporates active isolated stretching, Proprioceptive Neuromuscular Facilitation (PNF), static and dynamic stretching to increase range of motion and maximize soft tissue movement throughout the body. This is Assisted stretching that

offers hope for tight, limited muscles to improve flexibility, reduce pain and discomfort, increasing joint range of motion, and correcting muscle imbalances in the body.

Service/Rate

30 Minutes

\$50

60 Minutes

\$80

Packages

A customized 1 on 1 assisted stretch session "stretch me please", that incorporates active isolated stretching, Proprioceptive Neuromuscular Facilitation (PNF), static and dynamic stretching to increase range of motion and maximize soft tissue movement throughout

the body. This is Assisted stretching that offers hope for tight, limited muscles with a goal of improving flexibility, reducing pain and discomfort, increasing joint range of motion and correcting muscle imbalances in the body.

**Service / 4 Sessions / 6
Sessions / 8 Sessions**

30 Minutes

\$175

\$252

\$320

60 Minutes

\$300

\$445

\$560

**To purchase gift
certificates, click below.**

Buy Now

