



Need to Relax? Get the Intuitive Touch.

Intuitive Touch Massage & Yoga, which provides massage therapy from a medical perspective, is entering its third year of business at Miller Street Market beside Whole Foods in Winston-Salem. Unlike traditional massage treatments aimed purely at relaxation, Intuitive Touch offers trained massage therapists to encourage healthy lifestyles and healing from injury in addition to relaxation benefits.

In addition to its medical benefits, Intuitive Touch also is unique to the Winston-Salem market because of its membership-based concept. Monthly memberships are available in four and twelve month packages. Monthly memberships entitle members to one massage session per month and allow members to purchase additional treatments at reduced fees. Intuitive Touch also offers traditional walk-in service.

“Our massage therapists provide relaxation and healing for a wide range of health problems, including lower back pain,” Thomas Wong, Intuitive Touch managing partner said. “In addition, our Pilates and yoga instructors help strengthen, tone and relax both mind and body through a variety of classes geared for all levels of ability.”

Intuitive Touch offers a wide range of popular treatments, including Swedish, deep tissue, sports, hot stone, pre-natal, reflexology and couples massages. Intuitive Touch also offers a variety of Pilates, yoga and stretching classes.

Massage therapy offers numerous benefits including stress relief and relaxation, improved circulation, enhanced immunity, increased joint flexibility, reduced anxiety and depression, improved range of motion, lowered blood pressure and heart rates, enhanced post-injury and post-operative rehabilitation, relief from tension-related headaches, including migraines. In addition, massage therapy provides relief for muscle pain management, and eased labor pains and pregnancy discomfort.

For more information about Intuitive Touch or to inquire about membership, please call (336) 721-3333 or visit www.theintuitivetouch.com.