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Hand and Spirit

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Life is Good...Massage Makes it Better!

Imagine a time to focus on your well-being...

Imagine a message experience designed to soothe your senses, restore your body, and replenish your spirit...

Sustaining you through life's challenges and promoting lifelong health and vitality is central to therapeutic massage at Hand and Spirit. We believe in a holistic approach to your health and well-being. Enjoy massage therapy as relaxing, rejuvenating and powerful modalities to enhance your body's healing process.

The benefits of therapeutic massage include:

- Stress Reduction
- Pain Relief
- Energy Boost
- Restful Sleep
- Improved Circulation
- Deep Relaxation
- Restored Immune System

You will find your massage experience at Hand and Spirit so beneficial that you will want to make it a regular part of your personal wellness plan. For this reason, we offer special package deals as well as Gift Certificates for every occasion.

Unique Offerings:

- The Bio-Mat, using state-of-the-art light technology to reverse degenerative disease cycles and speed cellular renewal.
- Sacred Stone Therapy, combining the art of stone bodywork with the ancient science of Ayurveda.
- Aromatherapy services that can enhance your massage experience with personalized blends customized to your specific needs.

Weekend appointments welcome! Consider chair massage for your next event or as a bonus for your employees.

Judith Schmutz is nationally certified in Massage Therapy and Bodywork, and is a Certified Sacred Stone Therapist. She is a member of the American Massage Therapy Association, the NC Chapter of AMTA, and the National Association of Holistic Aromatherapy.