

Massage Sidebar

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To decide which massage therapy is best for you, think about what you want out of it: relaxation? Stress release? Deep muscle work? Invigoration? Pain relief? Next, let your fingers do the walking: there are more than 60 massage therapists listed in the current Exchange Natural Choice Directory alone! Ask questions of the therapist and let them know what you are looking for. Questions to ask include: What is your area of expertise? How much experience do you have? Are you board certified with the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)? Are you a Registered Massage Therapist (RTM) with the State of Wisconsin? How much is the therapy? Then go enjoy yourself and get refreshed. It's good for you!

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