



## EXPERIENCE THE BEST IN MASSAGE THERAPY

### MYTH #2

#### MASSAGES ARE JUST A WAY TO PAMPER YOURSELF

FALSE!

Massage therapy is not just a means to overindulge, it has a number of benefits, such as:

- It can help reduce symptoms of stress, anxiety and depression
- It can help the body heal from injury, improve, or even speed up rehabilitation
- Some massage techniques can relieve headaches
- It can help lower blood pressure through long term and consistent use

## ABOUT US

At Everest Therapeutics Massage Therapy, located in the heart of Vancouver, we bring you a lineage of healing that runs deep within the veins of this magnificent city. Our story is one of dedication, with a team of registered massage therapists who have made waves in the media for their exceptional skills. The spotlight on our clinic isn't just a coincidence, it's a reflection of the passion and mastery that define us. Among our proudest achievements is our collaboration with Olympic teams, a testament to the trust placed in our therapists' capable hands. As you step into our serene haven, you become a part of a journey that transcends time. We are more than just a

[Vancouver massage clinic](#), we are a sanctuary where the healing touch of our therapists transforms lives. With Everest Therapeutics Massage Therapy, you don't just receive treatment, you embark on a voyage to rediscover your well-being, guided by a team whose expertise is second to none.

## OUR SERVICES

cupressure | Craniosacral therapy | Deep tissue massage | Myofascial release | Osteopathic techniques | Pregnancy massage | Sports massage | Trigger point therapy | Visceral manipulation


## EVEREST THERAPEUTICS MASSAGE THERAPY

### WHAT MASSAGE THERAPY CAN TREAT:


- 01 Poor posture
- 02 Sleep disorders
- 03 Headaches and migraines
- 04 Repetitive stress injuries
- 05 Muscle tension and aches
- 06 Anxiety and Depression

## YOUR WELLNESS, OUR COMMITMENT

### CONTACT

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**VISIT US NOW!**

