 info@khalsaphysiotherapy.ca   

Call Us

604-728-1313, 604-503-5306 

Address

8388 128 St #4, Surrey, BC V3W 4G2, Canada 

We Are Open  Monday - Saturday

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Knead The Stress Away With Massage Therapy

Try this magical hands-on approach to realize the stress in your body. Specialized perform massage therapy by our specialists benefits you mentally and physically.

Physical Benefits

Massage therapy can help individuals to alleviate muscle tension and promote relation. It reduces any muscle soreness and stiffness in your body. Massage therapy enhances blood circulation delivers nutrients and oxygen to the tissues and also removes the waste products in the body. Our specialists help patients ease chronic pain conditions like back pain and migraines and also have proven successful records in managing the pain associated with arthritis. Massage therapy maintains optimal muscle function and promotes joint flexibility. By relieving the muscle tension, it enhances the poster and corrects the postural imbalances. After any injury or surgery, massage therapy aids in the recovery process, which also reduces the scar tissue and improves elasticity.

Mental and Emotional Benefit

Massage therapy helps to manage and prevent stress-related conditions. It promotes a sense the calm by reducing stress hormones. By inducing relaxation, it contributes to better sleep. It is beneficial for individuals suffering from sleep disorders. It releases endorphins that help in improving the mood and also can be effective in alleviating the symptoms of anxiety and depression. Massage therapy increases mind-body awareness and enhances the connection. Specialized massage can stimulate the lymphatic system and can contribute the immune health.

Overall well-being

Massage therapy provides a sense of well-being and relaxation. It offers you a pleasurable and enjoyable experience. Additionally, it works on a holistic approach that supports the body’s natural healing process and addresses physical and emotional aspects.

Get Professional Massage Therapy with Khalsa Physiotherapy

Massage Therapy

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Massage therapy prescribed by a specialist can offer you long-term benefits. If you are looking for Massage Therapy in Surrey, BC, then you can contact Khalsa Physiotherapy Clinic in Surrey, BC. We have a team of patient-oriented therapists and also many kinds of massage therapy as per the needs and conditions of the patient.

Khalsa Physiotherapy Clinic puts special
emphasis on hygiene, privacy and
cleanliness. We provide individual rooms
to every client for better privacy during
assessment and sessions.

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Opening Hours

Monday: - - By Appointment
Tuesday: 10.00 AM - 8.00 PM
Wednesday: 10.00 AM - 2.00 PM
Thursday: 10.00 AM - 8.00 PM
Friday: 10.00 AM - 2.00 PM
Saturday: 10.00 AM - 5.00 PM
Sunday: Closed

Association

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