

ABOUT OUR OFFICE



WE OFFER THE MOST COMPLETE COLLECTION OF NATURAL HEALTHCARE SERVICES UNDER ONE ROOF TO HELP YOU TRULY FIND HEALING. WE OFFER:

- CHIROPRACTIC CARE
- MASSAGE THERAPY
- DYNAMIC MOTION X-RAY
- DYNAMIC SEMG BIOFEEDBACK
- NUTRITION COUNSELING
- SUPPLEMENTS
- REHAB EXERCISES/CORE STRENGTHENING



BUSINESS HOURS

MONDAY..... 7:30-6:00
TUESDAY..... 7:30-12:00 & 1:00-5:00
WEDNESDAY.... 7:30-6:00
THURSDAY..... 9:00-1:00 & 2:00-6:00
FRIDAY..... 7:30-6:00

1611 KRESKY AVE, SUITE 108
CENTRALIA, WA 98531

360-330-1800

WWW.BLUMEHEALINGCENTER.COM



MASSAGE THERAPY



BLUME
healing center

CHIROPRACTIC
&
MASSAGE THERAPY

WE OFFER MANY TYPES OF MASSAGE THERAPY

Relaxation Massage

Typically uses smooth, gliding strokes at a slow pace with light pressure to help you relax. There is less emphasis on working out painful knots in the muscle, but it still helps to improve blood flow, calm the nervous system, stimulate the body's lymphatic system, and promote an overall feeling of relaxation.

Deep Tissue Massage

Designed to relieve severe tension in the muscles and connective tissues, it is used to treat specific musculoskeletal disorders and complaints and employs a dedicated set of techniques and strokes to achieve relief.

Sports Massage

Typically used to prepare athletes for peak performance, drain away fatigue, relieve swelling, reduce muscle tension, promote flexibility, and prevent injuries.

Pregnancy Massage

Massage during pregnancy not only relieves the tensions and aches caused by the extra weight and shift in the center of gravity of the body, but it reduces swelling, soothes the nervous system, reduces fatigue, and enhances energy.



BENEFITS OF MASSAGE THERAPY

- Increases circulation
- Enhances the immune system
- Improves nervous system function
- Relieves muscle pain
- Reduces blood pressure
- Relieves muscle tension
- Improves range of motion
- Reduces stress

