

THRIVING

*setting
yourself up
for success*

THRIVE
PROACTIVE HEALTH

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Vacation Ready?

HOW TO STAY ON COURSE WHEN TRAVELING

Let's talk about travel preparation. Most of the snacks and meals in the airport are for convenience, not wellness. In fact, they are usually processed foods filled with additives, sugar, and have little nutritional value. As a mother of two, I always come prepared for myself and my kids to help us through a busy travel day. I also come prepared with things to keep busy, because snacking often happens when we're bored. If you fill the travel time with something productive, you'll be less likely to grab an unnecessary snack. On your next trip, come prepared and ready, and start your vacation feeling your best.

While I am traveling, I do my best not to fall off course from my most important daily habits...

- I keep my Hydro Flask® close, so I am always staying hydrated.
- I start my days with a protein-filled breakfast to make me feel satisfied, filled and fueled throughout the day.
- I also try my best to do some form of physical activity on my trip; this may come in the form of a walk around an amusement park, a swim in the hotel pool, a walk on the beach, a quick bodyweight workout in my hotel room, or if I have extra time, a workout in the hotel gym.

If I know I am going to have a few cocktails on vacation, I make sure I stay hydrated in between drinks. I alternate cocktail, then water, so I don't dehydrate myself. I try to stick with clear, pure liquors and avoid sugary mixtures to help avoid a hangover, and minimize the overload on the liver. You can squeeze some citrus into the drink to add a bit more flavor without the extra sugar from soda or mixers.

My most important rule when traveling is to enjoy it, and not beat myself up if I don't get to do one of my daily rituals. Enjoy your vacation, have fun, and plan ahead so you can stay on course and continue to move forward with your lifestyle goals and feeling your best.

WHAT YOU'LL FIND IN MY CARRY-ON BAG...

Nut packs
Grass-fed beef sticks or jerky
Olive packs
Hard-boiled eggs
Cut veggies with a hummus packet
Cut apples with nut-butter packs

Electrolyte packets such as Ultima or LMNT
Protein powder and blender bottle
Hydro Flask® to fill with water after getting through security
Books for myself and my kids
Ear pods and laptop
Coloring books for my kids

Late Summer is a Time of Transition

The end of summer is upon us. It is a time of harvest, reaping what was sown in the ground earlier in the year. It is a time when the peak heat of the year has subsided and we are gradually experiencing shorter days and longer nights. For many kids and their parents, this is a time of preparation for the new school year and reestablishing patterns of work and play.

It is a time of transition and opportunity to establish the mindset for the rest of the year.

According to Traditional Chinese Medicine (TCM), this is a special and separate “season” when the summer Fire element transitions into the Earth element before transforming into the Metal element in the fall.

“Late summer” could be interpreted as nature’s balance point between the expansive (Yang) energy of spring and summer, and the inward (Yin) energy of fall and winter.

The ancient Chinese modeled their lifestyles around the cyclical changes in nature. The Earth element represents a center/middle orientation and corresponds to the organs of digestion, namely the spleen and stomach.

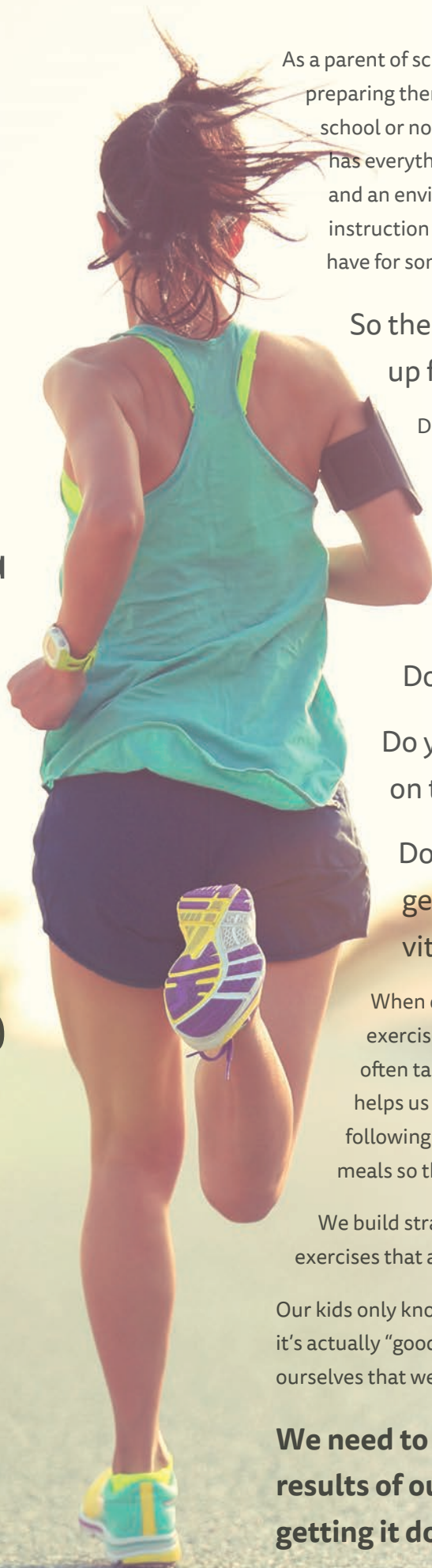
This is a good time to focus on eating healthier and optimizing digestive function.

Whole grains and yellow/orange vegetables such as squash and pumpkin are great foods to supplement the energies of these organs.

This is also a good time for us all to take a slight pause and reflect on where things are in our lives.

There is much to be grateful for despite feelings of despair over the past and anxiety of the future. There is something to be said for living in the moment. Perhaps the time of late summer can serve to teach us this lesson.

Setting Yourself Up For Success



As a parent of school-age children, this time of year has me thinking about preparing them for the year ahead. Most of us, whether we have kids in school or not, can relate to wanting to make sure someone under our care has everything they need: all the right school supplies, healthy lunches, and an environment in which to learn and get the most out of the instruction they are receiving. It's appropriate given the responsibility we have for someone else that we love them and want to see them succeed.

So then the question I have is, do we set ourselves up for the same success?

Do we get the most out of what we do because of our understanding of the implications our actions have on our future health and happiness?

This is our life, folks, the only one we get, and we have to be responsible to ourselves like we are to those about whom we care the most.

Do you eat for health or for sport?

Do you sleep for your body to recover or to get on to the next day?

Do you exercise to check the box or to actually get stronger, move more, live better and add vitality to your life?

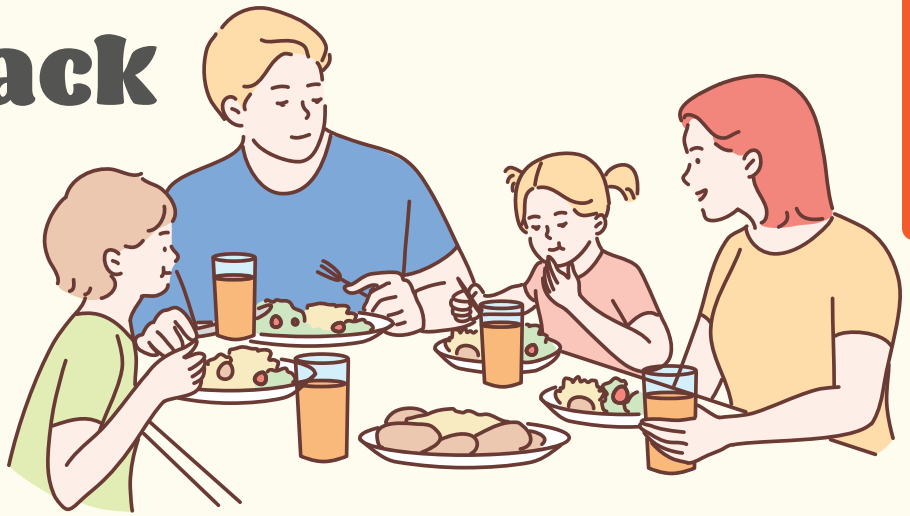
When describing how our approach to programming and coaching exercise at Thrive allows us to get people to feel and move better, I often talk about how our understanding of physiology and posture helps us create a "recipe" for better movement and results. I used the following analogy recently: It's like hiding veggies in a sauce in your kids' meals so they get more of what we know they need.

We build strategies into what may seem otherwise like conventional exercises that aren't always seen, but make for more productive workouts.

Our kids only know they're eating something that tastes good without realizing it's actually "good for them" as well. We have to have the same influence over ourselves that we are trying to have with our kids and loved ones.

We need to get more out of ourselves and expect the results of our efforts to pay dividends beyond just getting it done.

Getting Back to School and On Track For Success



The new school year is approaching fast, and it's time to start getting back into routines to set yourself and your family up for success. This includes establishing routines and habits that keep everyone healthy and performing at their best.

During the summer months, it's easy to become a little lax with our routines with all the family vacations, beach days, and other summer activities. If we don't put energy into re-establishing our healthy behaviors, we may end up never getting back on track, and may suffer both short-term and long-term consequences.

So what can we do to ensure a great start to the new school year? Well, health and success isn't about being perfect, it's about consistency.

When you have habits that are common practice and follow through with them most of the time, you'll enhance your family's well-being. This will allow for a smooth transition into the school year.

Sit down with your family and come up with a plan. Give your kids options and let them choose a few things they think they can do. This gives everyone the opportunity to have input and feel invested in the plan.

Need some ideas? Try these... Have fun, and good luck with the new school year!

Get outside for 30 minutes each day.
Try a family walk or bike ride.

Move your body or exercise for 30 minutes
at least five days a week.

Sit down and have a meal as a family at least once
each day. Have everyone take turns giving another
family member a genuine compliment.

Make lunches the night before. Focus on whole foods.
Think about easy-to-grab-and-pack foods such as
apples, bananas, carrots, cucumbers, etc.

Drink lots of water. Aim for 10 to 15 cups (80 to 100
ounces) per day depending on body size.

Write down three things that went well, and why
they went well, each day.

Set a specific bedtime and wake-up time, and try to
stick with these times, even on the weekends. Aim
for 8 to 9 hours of sleep, and 9 to 11 hours for the kids.

Turn screens off at least one hour before bedtime.
Instead, try reading a book, or practicing some
mindfulness or meditation.

FEELING STUCK?

get your energy flowing

I was on the phone with customer service the other day and the woman asked me what the “energy” meant in my contact information, saying, “What’s that, a solar panel business?!”

When I replied, “No, it’s actually energy coaching,” she said, “I think I need to check that out.”

Whether we are aware of it or not, we live in an energetic universe and everything is energy.

Science has shown that we are energetic beings, and the energy of our bodies as well as the energy of the Universe is in constant motion. It’s what Einstein’s famous equation $E=MC^2$ is all about. Before Einstein’s theory, science saw things that were solid mass as separate from energy. But we now know that everything is energy and energy is meant to be moving.

What’s this have to do with you? Well, in the past weeks I’ve been working with many people who say they feel stuck. Life isn’t happening the way they had hoped, or they’re living in a constant loop of thought in their head.

What I know is that every story in our lives has an energetic component beneath it. When we try to change those stories, it can feel difficult and often resistant. Working on the story level often takes time and can become frustrating. But when we work on the energy level, things start to move and changes happen much more quickly.

If you’ve been feeling stuck, try moving. Get up, take a walk, put on some music you love and dance, or just bounce and shake your body. When energy is moving through your body, energy moves through your life more easily. And one thing that’s meant to be constantly moving through us is our breath. Throughout your day, especially when you are really in your head, stop and notice your breath. Take a few really deep breaths and feel the energy begin to move differently through your body. **You have the power to master your energy, much more than you may have been taught.**

And if energy coaching is something you want to check out, like my customer service friend, let’s chat.

Finding Peace and Balance Through Aromatherapy

Understanding how our mind, body and spirit work, and using tools and methods to support our needs can go a long way. For example, did you know that the amygdala in your brain is responsible for a lot of the emotions and physiological responses you experience? Good or bad, that little gland can be a great tool to maintain balance and create long-lasting memories, or it can remind you of traumatic events in an infinite loop. That's why it's important to nurture that little fella and promote the building of good memories that make you feel peace and happiness. Plus, you can influence the amygdala through scent. Deep down, you may already know this, but just haven't connected the dots yet...

A scent you have been exposed to that you love or despise could find its way into your memories for as long as you live. So it better be a good one, right? This scent will be associated with an experience, a situation or a person, and your body will make an imprint of the emotion associated with that event and fragrance. When either the scent or event shows up again, the whole memory comes right back.

Knowing that simple human mechanism, we can influence the outcome very easily. We can even change the way our brains react to certain memories with deliberate training.



Using essential oils to connect the mind, body and spirit, and influence memories is quite fascinating and well researched. It's called aromatherapy, and for good reason.

Associating rosemary, for example, with the learning of a specific subject matter can create a pathway in the brain and increase the recollection of that material during a test. The same principle works when using lavender to calm the mind during stressful times. When lavender essential oil is inhaled every time a stressful event is encountered, we can train our brains to override the emotion/event to reclaim control and feel at peace.

Using the spectrum of floral and citrus essences such as neroli, orange, lemon or bergamot can help uplift the spirit, balance emotions and increase energy.

Using earthy essences such as cypress, pine or spruce can help to ground you, increase circulation and boost the immune system.

Strategically and repetitively using essential oils of superior quality that are not synthetic or altered with fillers can help build strong healthy pathways among the mind, the body and the spirit. Keeping your favorite oils in tiny bottles, bracelets or necklaces to be accessible on demand is an effective way to practice aromatherapy, and can support a sense of balance and well-being.

Is Chiropractic on Your Back-To-School List?

As the relaxing summer comes to an end, the return to school can be a stressful time for you and your child. Not only are back-to-school jitters emotionally taxing, but the physical effects of exposure to germs, heavy backpacks, and high-impact sports can all be harmful to your child. You also have plenty going on: supplies to buy, new teachers to meet, and classes to sign up for. **On your long to-do list, consider adding chiropractic care.**

Here are some tips for a healthy start to a new school year...

It's All About The Backpack

Your child has been begging for the coolest new backpack, but what looks trendy today can lead to back issues later.

- Look for a backpack with ergonomic straps that are wide and padded.
- Be sure it is made of durable material.
- Try to find one with additional padding on the lower back area.

You also need to be mindful of how the backpack is packed, and how your child wears it.

- Both shoulder straps should be worn, and the backpack should be snug against your child's back so there is minimal movement and impact on the lower back while walking.
- The backpack shouldn't go much lower than your child's backside, and should not reach their legs.
- When packing the backpack, put the heaviest items (like books) closest to the body, with lighter and oddly-shaped items furthest away.
- Be sure that the straps are adjusted properly so weight is evenly distributed.
- Lastly, the weight of the backpack should not exceed 10 to 15% of your child's body weight. Backpacks that exceed this weight can cause your child to be pulled backwards and compensate by bending at the waist and/or shrugging the shoulders.



Here's a helpful checklist to ensure your child's backpack is safe for their growing spines.

- ✓ Is the backpack the correct size for your child?
- ✓ Does the backpack have padded shoulder straps for comfort?
- ✓ Are the shoulder straps adjustable?
- ✓ Does your child use both straps?
- ✓ Does the backpack have a padded back?
- ✓ Does the backpack have compartments to keep contents in place?

AUGUST WELLNESS MONTH SPECIAL
Complimentary Insight spine scan with punch card.


Stretch It Out!

Stretching is always important for your spine's health, but especially so if the summer vacation was a little bit less active than usual. Although kids are generally more flexible than adults, be sure that your child knows some stretches.

Before engaging in any strenuous activity, your child should warm up and stretch 10 to 15 minutes, and include a cool down after a workout. This will help prevent injury to muscles that might not have been used in some time.

Back to school also means a lot of time back in a seat. Some teachers are opposed to children leaving their seats, so some seated stretches are great tools to teach your child. **Teach them about proper posture while seated, which means books/tablets held at eye level, feet flat on the floor, and their back up against the back of their seat.** With proper posture, your child will greatly reduce their chance of suffering from back, neck and shoulder pain.

Chiropractic Care Keeps You Healthy



A healthy nervous system will have your body communicating and operating as it should, including the immune system. Heading back to school means exposure to many bugs and viruses, so it's especially important that your child's immune system is functioning at its best. **With regular chiropractic care, your child's nervous system will be operating at 100%, keeping your kiddo happy and healthy.** Contact Thrive to get your child started with their best foot forward this school year!

Improve Your Health and Well-Being One Breath at a Time

Dysfunctional or inefficient breathing is a very common problem affecting many people and they don't even know it. (You probably took a deep breath just now, didn't you?) Many of us take our breathing for granted, yet it's a function of the body that can be consciously controlled, trained and optimized to support our physical, mental, and emotional well-being.

Breathing imbalances affect many systems of the body, and when your breathing is out of tune with what your body needs, your mind and reflexes take over. Within a short period of time, inefficient patterns will affect various body functions, your thoughts and emotions, and create tension patterns in your posture.

What's the perfect way to breathe, you ask?

Oh, if it were only that simple. Unfortunately, there is no perfect way to breathe. **Functional breathing requires flexibility and variability in order to meet multiple functions and homeostatic needs for well-being and health.** Your ribcage has to remain flexible and your chest wall should be able to expand and stretch in various dimensions.

There are common themes and general recommendations in many different breathing exercises, and in order to pick the best kind of breathing exercise for you, you'll want to identify some of your bad breathing habits, as well as the function of breathing you may want to optimize... Are you looking to improve your posture and how your body moves, how your body rests and sleeps, or how you handle stress and regulate your emotions?

Here are some of the most common signs of imbalanced, inefficient or dysfunctional breathing:

Mouth Breathing

Habitual mouth breathing promotes overbreathing and has negative long-term effects on health. **A mouth-breather can carry excessive tension throughout the body, which can affect the resting posture and movement of their neck, jaw, shoulders, lower back and hips.** It can also lead to numbness and tingling in the limbs, headaches/migraines, chronic fatigue, anxiety, brain fog or poor concentration, not to mention, it also leads to sleep disorders, bad breath, gum or dental problems and facial structure differences.

Vertical breathing is when you breathe in, an upward movement of your shoulders and chest will be observed as your neck and back muscles are being used more than your diaphragm. The accessory or reflexive breathing muscles lift and pull your rib cage upward toward your ears. **This type of breathing causes excessive muscle tension to build up in your neck and lower back, and will often alter your body's natural spinal curves and pelvic posture.** Chronic vertical-breathers often have a loss of their cervical curvature and excessive anterior pelvic tilt posturing. Vertical breathing is a natural response when under stress or in a fight-or-flight nervous state, however just sitting and resting, like while sitting at your work desk, is not a time when you should be breathing with your neck, shoulders or lower back muscles.

Vertical Airflow

Belly Breathing

Belly breathing often gets confused with diaphragmatic breathing, but think about it, do you have lungs in your belly? Nope, you sure don't! Belly breathing is when your abdomen expands and rises more than your chest, and people are often instructed to do this to help them slow their breathing in order to calm down and get in tune with their minds. The meditative benefits from such a breathing recommendation actually occurs as their airflow pattern changes. As their mind focuses to draw the air in low, it slows down their breathing. Their breathing pattern changes as the pace and timing of their breath changes, which helps the nervous system switch into a more relaxed state. **That said, Belly breathing is not an effective form of breathing because it over lengthens the abdominal wall, and the abdominals are key supportive muscles for the diaphragm.** It's important that your diaphragm and abdominal muscles stay in sync as they are your primary core stabilization muscles, working together to support how your spine moves and handles load. Instead of belly breathing, I often encourage a low, three-dimensional ribcage expansion and a synchronized rise of the belly and chest at the same time.

If your abdominals draw inward as you inhale, that is a sign your abs are not supporting the proper movement of your diaphragm. **If you use your abs like this in the wrong phase of breathing, you probably have excessive or unwanted tension somewhere throughout your neck, shoulders, back or hips as your ribs are flaring and your chest is excessively lifting upward.** This also affects how your thoracic diaphragm synchronizes with the other diaphragms throughout the body. Internal pressure can be altered and moved into body cavities to cause discomfort. This breathing pattern creates rigid and stiff postural patterns and your body can lose its resilience and flexibility.

Misuse of Abdominals or Excessive Ab Bracing

Overbreathing

Overbreathing or hyperinflation is a hot topic in breathing health. One very simple way to know if you are an overbreather is to pay attention to the activity and force as you inhale and exhale. If your inhalation is more active, louder, or more dominant than your exhalation, which is shallow and passive, then you probably are an overbreather. Become aware of how many seconds the inhale phase of your breathing is versus your exhale. Is your inhale more active, a few seconds longer than the exhale? Can you control a pause after you exhale? **Other signs of overbreathing include shortness of breath, feeling like you can't get enough air, anxiety, high resting heart rate or respiratory rate, feeling lightheaded, faint or dizzy, frequent yawns or sighs, muscle cramps, spasms, or tingling in your hands or feet.**

These are just a few of the common themes we see as we help people improve their health and well-being one breath at a time. **We encourage you to be proactive and learn how to incorporate simple breathing exercises into your daily routine.** If you're not sure where to start, download a breath-pacer app, guided meditation, or schedule an appointment to get your breathing mechanics assessed.



We are here to help you
restore, revive and optimize
the life force of your breath!

The Secret to a Healthier Future is Hidden in Your Daily Routine

FINDING BALANCE DURING
A CHANGE IN SEASON

Summer is winding down, vacations are wrapping up, Labor Day is approaching and kids are soon heading back to school. Routines will be changing for many.

How do you adjust and prioritize your health when there is a change in seasons? How do you get yourself and your family into a structured back-to-school routine? Maybe you have a groove with meal prepping or meal planning and your exercise workouts, but during a transition season you need to focus on your daily habits in other areas of Lifestyle Medicine: mindset, sleep, stress resilience or your relationships. Does that ring true?



MINDSET

How do you cultivate positive emotion, gratitude and a growth mindset?

Reframe negative thoughts.

If there is something you “dread” doing, write it down and challenge yourself to think about it differently.

When you catch yourself in a negative thought pattern, reframe your story and create a new thought pattern to replace the negative one.

You have the power to change your thoughts and choose your words to renew your mind each day.



SLEEP

Do you prioritize enough downtime for rest, sleep and recovery?

Schedule downtime to connect with your children without distractions and/or have quiet time to connect with yourself.

Make sure you and your family are getting adequate sleep and that you have a routine that triggers your brain to wind down prior to your bedtime.

Average sleep recommendations by age group per 24-hour period:

Age 2-3	11-14 hrs including naps
Age 3-5	10-13 hrs including naps
Age 6-12	9-12 hrs
Age 13-18	8-10 hrs
Age 18+	7-9 hrs



STRESS RESILIENCE

What habits help you manage stress and promote resilience?

Organize your home so you can quickly find everything you need to help you establish consistent morning and bedtime routines.

Sometimes, just arranging our environment more efficiently to promote the outcomes or results we want can dramatically remove some stress from our lives.

Create a place for everything you need on a daily basis. A major source of stress could be that you're in a rush and can't find your keys, phone, glasses, etc. Putting everything in one place the night before can remove massive amounts of stress in the morning.

Our Thrivestyle Medicine Challenge this month is to help you find balance through this change in season through preparation, planning and prioritization.

The secret to a healthier future is hidden in your daily routine. We become what we repeatedly do, and healthy habits are learned the same way as unhealthy ones: through practice. Sometimes, we just need to pause and become mindful and aware of our daily habits, and how small, healthy choices — made routinely — add up and compound into a better quality of life.

Think about how you can be more proactive and prioritize areas of your self care and wellness around six key pillars in your lifestyle.

Each month, our Thrive team embarks on a challenge to improve our own health and wellness.

This month's challenge focuses on finding balance through preparation, planning and prioritizing.

We invite you to join us on our collective wellness journey.



RELATIONSHIPS

How are your relationships?
Do you feel connected and engaged in your various family and social circles?

Look for the good to help strengthen your relationships.

Express appreciation daily. Everyone likes to feel appreciated once in a while. And you'd be amazed how even the smallest compliment can go the longest distance. Go out of your way to tell someone something nice today — then make it a point to do it every day. You'd be amazed how much better they — and you! — feel.

Find something to celebrate daily.

Look for the accomplishments you and others around you are making and then do something or say something to recognize the small wins; it makes you and them feel special, and creates a positive feeling.



PHYSICAL VITALITY

Are you getting enough daily movement to promote physical vitality and energy?

Exercising 150 minutes and two strength-training sessions per week may sound like a lot of physical activity if you are not used to it. But always remember our bodies adapt to how we use them, and there are lots of things you can do to keep your joints strong and body moving well as you age.

A daily 30-minute walk, undisturbed, can be one of the best habits you establish for your vitality and energy.

It's even better if you can take this walk out in nature and away from technology.



NUTRITION

Do you plan and prioritize healthy meals and snacks to properly fuel and use food as medicine?

Plan to drink enough water daily.

It's actually relatively common for people to confuse thirst for hunger. Being proactive about your daily water intake and planning healthy snacks can help you resolve bad habits.

Prioritize healthy snacking. Plan healthy snacks immediately when you get home from the grocery store. Portion-size some snacks in storage containers or baggies and place them in easy-to-see areas that can help prompt you and your loved ones to see them.

Remember that feelings of fatigue, mental fog and difficulty focusing could all be attributed to dehydration. Be sure you and your kids are getting enough water daily. Can you get in the habit of drinking at least a few sips of water each hour?



**we can't
do it
without
you**

group workout to have fun and support our community

THRIVE CHARITY WORKOUT

**SATURDAY
AUGUST 20**

3 SESSIONS TO CHOOSE FROM

8:00am • 9:15am • 10:30am

\$25 WORKOUT DONATION

100% of proceeds go to



EQUI-KIDS' mission is to provide, promote and support equine-assisted activities for individuals with mental, physical, emotional, social, or learning disabling conditions.

www.equipkids.org

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Thrivers' Love Notes

WE'RE HONORED BY YOUR WORDS

“ The staff is absolutely wonderful. They are kind, professional, and they listen to the needs and issues I state before my appointments. I've never had a better experience in healthcare. + LINDA M.

“ The person who did my acupuncture made me feel very comfortable. They didn't just work on my main problem area of my shoulder. They went above and beyond to do other minor issues in my body. Definitely recommend. + JONATHAN P.

“ Dr. Collingsworth is the best and everyone was so nice when I came in. + SHARON C.

“ My fiancé and I are both patients at Thrive, and we absolutely love it so far. I had my first acupuncture with Vivian last week and it was incredible. I cannot wait for my massage with Kate this coming week. + VICTORIA C.

“ The Massage Therapist and Physical Therapist work together. When I went in for my massage, the therapist didn't just give me a massage, but read my charts to see what the Physical Therapist had said so she could target the areas needed. + SANDIE G.

“ Growing tremendously in knowledge, self awareness, and results with outstanding customer experience and full trust and confidence in therapists. So thankful for Dante and Julie, and all the other staff I have worked with. + JOHN G.

Thank you for allowing us to be a part of your healing, health and wellness journey!

If you enjoyed the content in this magazine or loved your service from Thrive Proactive Health, we'd love to hear from you:

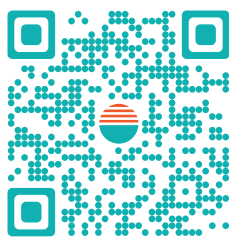
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THRIVE
PROACTIVE HEALTH

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VIEW APPOINTMENTS

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POINTS & REDEEM
FOR SERVICES

GET SPECIAL OFFERS



A Rewarding Convenience

Book your services through the Thrive app and earn reward points.

Ask us about our Proactive Health Rewards program.

Thrive is proud to announce that we are a 1st Phorm International supplement dealer! 1st Phorm International is the premier supplement line in the industry and, like us here at Thrive, they care about the quality of their products and the results you can attain when using them.

Every 1st Phorm product meets demanding standards for purity, quality and efficacy. Come in and take a look at some of the supplements we have in stock; we can also place special orders. Partnering with 1st Phorm is just one more way Thrive is helping you to optimize your health and wellness!



OUR LOCATIONS

MARKET SQUARE

2830 Virginia Beach Blvd.
Virginia Beach, VA 23452

757.829.7174 • FAX 757.416.7777

KEMPS RIVER

1320 Kempsville Rd.
Virginia Beach, VA 23464

757.829.7174 • FAX 757-416-7777

9:00am - 7:00pm

MONDAY

8:00am - 7:00pm

TUESDAY

9:00am - 7:00pm

WEDNESDAY

9:00am - 7:00pm

THURSDAY

8:00am - 7:00pm

FRIDAY

every other 9:00am - 2:00pm

SATURDAY

CLOSED

SUNDAY

10:30am - 7:00pm

9:00am - 12:00pm

9:30am - 7:00pm

9:00am - 7:00pm couples massage 2-7pm

9:00am - 4:30pm

CLOSED

CLOSED