



I'm not a robot

































Mercy's Donna Chang, RN, and Rosemary Scavullo Flickinger, LMT, discuss the health benefits of massage. There are more than 80 types of massage. Full Story -- -- A new study shows there are sustained, cumulative beneficial effects of repeated massage. Experience deep relaxation and improved posture with a deep tissue massage. Wondering whether you need a Swedish or deep tissue massage? Holly Firfer reports on researchers testing the effects of massage. Watch as Dr. Emil Tompkins interviews Michelle Robles from L-Spa. Description: In this informative interview, meet Michelle. ... Doug Holland, LMT explains the difference between sports massage and regular massage. Professional