

# Inges Touch - Holistic Massage

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2463 Berrywood Dr, Rncho Cordova, CA, 95670

Phone: 19166383345

Overview Certified and Licensed with over 25 years of experience . Massage is to work and act on the body with pressure. Massage techniques are commonly applied with hands, fingers, elbows, knees, forearm, feet. The purpose of massage is generally for the treatment of stress or pain. In professional settings, clients are treated while lying on a massage table, sitting in a massage chair, or lying on a mat on the floor.

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