

Services

Hydrotherapy



Our Hydrotherapy department consists of:

- Underwater massage therapy,
- steam room,
- deep bath tub,
- contrast shower,
- cold shower, and
- sauna.

The bath tub is also used for one of our featured therapies – Underwater Spinal Decompression, which is a method used to stretch your muscles and discs in order to unpinch a compressed nerve. To learn more about this treatment please click [here](#).

[Click here to book your hydrotherapy appointment now!](#)