

About

At Rise and Shine Wellness Center, we specialize in promoting wellness through our comprehensive services. Our expert team offers exceptional leg massage sessions designed to improve circulation and contribute to overall pain relief. These targeted sessions not only help reduce swelling but also enhance mobility and speed up the healing process. By concentrating on personalized care, we ensure that each client experiences optimal benefits tailored to their unique needs. Trust Rise and Shine Wellness Clinic to support your journey to a healthier, pain-free life.

Contraindications

- Pacemaker or heart regulating device
- Organ Transplant
- psychotic episodes or seizure
- advance stages of diabetes
- pregnant or lactating
- open wounds
- under 8 years of age



Aids in:

- Immunodeficiency
- Weight loss
- Inflammation
- Stress management
- Improved sleep
- Fewer aches and pains
- Improved digestion and nutrient absorption
- Improved circulation and heart health
- Detoxifying lymphatics
- Relieving arthritis and joint stiffness



Rise & Shine
Wellness Center

Leg Massager



We care

3731 Rainbow Drive Rainbow Dr. 35906
256.390.4877



riseandshinewellness.care

Benefits

- Headache
- Stress Relief
- Improves Circulation
- Muscle Relaxation
- Arthritis pain Relief
- Joint Mobilization

Sessions

Session	Price	Duration
Leg	\$20	20 minutes

Choose Us



of the time



What is our satisfaction rate?
let us know.

Why us?

Rise and Shine promotes whole body wellness. With our knowledgeable staff and advance technology you will find your total care. **MA**ke an appointment today.

FDA Disclaimer: The statements made regarding this products have not been evaluated by the Food and Drug Administration. The efficacy of these products has not been confirmed by FDA-approved research. These products are not intended to diagnose, treat, cure or prevent any disease.

Make your appointment today!