

# REJUVENATE



## Rejuvenation for Body, Mind & Spirit

Tiffany Ingram began Rejuvenate Massage Therapy in July 2003 to bring the community the therapeutic benefits of massage therapy. Tiffany graduated from the American Institute of Massage in Richmond, VA. She is a Nationally

Certified Massage Therapist & is certified by the VA Board of Nursing. Her practice focuses on stress and pain relief massage. She offers several types of massage including: Therapeutic massage, Deep Tissue, Sports massage, Neuromuscular Therapy & Pregnancy massage. Massage has numerous benefits for everyone from infants to the elderly. Some of the conditions massage therapy is used to help treat are: Carpal tunnel syndrome, Sciatic nerve pain, Headaches, Tennis elbow, Whiplash, Chronic tension & soft tissue injuries. Tiffany is also a Certified Pilates Instructor. She is excited about offering Pilates to expand her list of services after the first of the year. If you would like to schedule an appointment, purchase a gift certificate, or have a question about massage or Pilates you can contact her at her office.



## *Rejuvenate* Massage Therapy

(804)458-9963

Or Visit her website at

[www.rejuvenateyou.net](http://www.rejuvenateyou.net)