

# Ideal Bodywork Massage LLC

(616) 610-3172

[www.IdealBodyworksHolland.com](http://www.IdealBodyworksHolland.com)

603 E. 16<sup>th</sup> St. #240

Holland, MI 49423

Call or book online today!

## Why should you choose us?

We have all the therapy you want in one place. Yes, we keep our pricing competitive so you can receive the therapy you need when you need it.

Our staff is licensed and exceptionally well trained in many modalities, to help you reach you full healing potential.

## Massage + Chiropractic + Nutrition

- 3 Medical Massage
- 3 Relaxation massage
- 3 Deep Tissue
- 3 Trigger Point
- 3 Craniosacral
- 3 Energy Work
- 3 Lymphatic Massage
- 3 CBD
- 3 Hot Stones
- 3 Prenatal
- 3 Chiropractic Walk-In Clinic with Dr. Robert Steck, DC
- 3 Nutrition
- 3 Natural Health Education
- 3 Sauna
- 3 Personal Trainers
- 3 Facials and Waxing

**Hope College Student and Staff discount!**

Receive \$5 off one hour massage with Hope ID

