

6791 Overhills Rd,
Spring Lake

910-704-2220

30%
OFF
ALL SERVICES



heseed

bodywork

m-f: 8am-7pm

sat: 8am-5pm

****COUNTY ID BADGE REQUIRED AT APPOINTMENT**

SERVICES

- ⚡ Therapeutic Massage
- ⚡ Lymphatic Drainage
- ⚡ Assisted Stretching
- ⚡ Myofascial Cupping
- ⚡ IASTM
- ⚡ Chromotherapy
- ⚡ Kinesiology tape