



CLICK HERE TO LEARN MORE ABOUT OUR NEW VIRTUAL CLASSES!



WELCOME

A KNEADED TOUCH

OUR STORY

SERVICES



The Relaxing Alleviation Massage

De-stress and unwind during this full-body massage that provides relief from:

- Aches and pain
- Back pain
- Knee pain
- Neck pain
- Headaches and migraines
- Wrist pain
- Shoulder pain
- Sore feet



The Athlete Mobility Massage

Rejuvenation for your mind and muscles. This service is great for those who need or who suffer from stressful aches and pains due to everyday life, back pain, knee pain, headaches and migraines and are looking to relax while receiving deep tissue.

This is intended to reduce the risk of injury, improve performance and reduce chronic pain by:

- Assessing muscle imbalances during screening

- Tight calves

While using a medium pressured technique, we here, at A Kneaded Touch will help alleviate tension and stress in your body as you are transported to a tranquil state of relaxation. Choose one of our 3 or 6 best-selling massage bundles or just try it out for one session (fair warning ☺ you'll definitely come back for more!)

[LEARN MORE](#)

- Creating a customized corrective care treatment plan

[LEARN MORE](#)

Schedule Your

Virtual Yoga Class

Enjoy a live yoga class from
the comfort of your home!

BOOK APPOINTMENT

COVID-19 PROTOCOL SOCIAL LINKS ABOUT CONNECT

(832) 785-3837 • 2020 Southwest Freeway, Suite 208,
Houston, TX, 77098

BOOK NOW

By using this website, you agree to our use of cookies. We use cookies to provide you with a great experience and to help our website run effectively. [Privacy Policy](#)

