

Relax Recover Rejuvenate

TakeCare's Massage Therapy Benefit!

TakeCare Massage Therapy Benefits

TakeCare Insurance is expanding your wellness options! Members now have access to six trusted massage providers, giving you more flexibility and convenience when seeking relief, recovery, and relaxation.

Participating Providers:

Tenjudo Spa
Beng Teng Spa
Namm Spa
H2O Spa
Natural Ginger Spa
Lagoon Spa

Your Wellness, Your Choice

With multiple locations and skilled therapists to choose from, TakeCare members can select the provider that best fits their schedule, comfort, and personal wellness needs—all within your covered benefits (based on plan eligibility).

Common Services Offered

All participating providers offer a range of therapeutic and relaxation-focused services, including:

Swedish massage (gentle, full-body relaxation)
Deep tissue massage (targeting chronic muscle tension)
Sports massage (for active lifestyles and recovery)
Trigger point therapy (focused pain relief)
Prenatal massage (for expecting mothers)
Aromatherapy enhancements
Hot stone or warm compress therapy

Benefits of Massage Therapy

Massage therapy is more than relaxation—it's an important part of maintaining overall health and well-being. Benefits may include:

Pain Management & Recovery

Reduces muscle tension and stiffness
Helps relieve chronic pain and soreness
Supports injury recovery and rehabilitation

Stress Relief & Mental Wellness

Lowers stress and anxiety levels
Promotes better sleep quality
Enhances mood and relaxation

Improved Circulation & Mobility

Increases blood flow and oxygen delivery
Improves flexibility and range of motion
Supports lymphatic drainage and detoxification

Preventive Health Support

Helps reduce risk of muscle strain and injury
Encourages regular self-care and wellness habits

Easy Access with Your TakeCare Plan

Massage therapy services are available as part of your covered benefits (depending on your plan). Simply choose a participating provider and schedule your appointment.

Start Feeling Better Today

Take advantage of your TakeCare benefits and experience the healing power of massage therapy.

Relax, recover, and take care of your body—because your health deserves it.

Participating Providers:

