



THE SPA OF CHARLESTON & STRETCH LAB

No two bodies are the same and no two stretches at StretchLab are the same.

One-on-one stretching is about identifying tightness and imbalances in your body and customizing a stretch routine that is just for you. Combining Stretching with massage aids in faster muscle recovery, reduces stress, and helps to keep your muscles long, flexible, mobile, and pain-free, which will help you to reach your body's full potential.

INCLUDES:

**50 MIN. STRETCH +
50 MIN. MASSAGE**

**MEMBERSHIPS
AVAILABLE**

