

I am a New York State Licensed & Nationally Certified Massage Therapist. I am also a retired Physical Therapist now focusing my career on my massage practice which I opened in 2008. I became Nationally Board Certified in 2011. All sessions are by appointment, therefore, I have no set office hours with hours of operation Mon / Wed / Thu 9 AM-6 PM and Tu / Fri 9 AM-4 PM. I am also open until noon on Saturdays. Although I utilize my knowledge as a PT in my private practice, it is solely for massage, and I do not offer PT services. My office is conveniently located at 1249 Upper Front St / Suite 103A in behind Wendy's in Binghamton.

If you are interested in scheduling a massage, please contact me via my Contact Form on my website, by phone / text at (607) 761-9360 or via email at margospak.pt.lmt@gmail.com

What to expect:

Your massage is designed for you at the time of your session. You are the commander of your journey. Through your input, your massage is centered on the areas you designate as troublesome, painful, or tight. Or you may just want to relax. Whatever your needs, your session will focus on you. Your massage experience should help you relieve stress, decrease pain, and help you feel better through a natural, hands on approach.



My goal is for you to relax. To relieve those day to day stresses and tensions, or to decrease the pain of an acute or chronic injury. Whether through hands on massage or energy work, I want you to feel better!

I am still a Physical Therapist and use my knowledge and experience in my massage practice. However, as a Licensed Massage Therapist, I do not offer PT services. But I am still true to my career goal of making others feel better through a natural and hands on approach.

Table Massage		Over 65 Vets & Military
30 minutes	\$40	\$35
45 minutes	\$55	\$50
60 minutes	\$70	\$65
90 minutes	\$100	\$95

Swedish ♦ Deep Tissue ♦ Medical Massage / Othopedic
 Myofascial Release / Connective Tissue ♦ Trigger Point Therapy
 Healing Touch & Reike Master Practioner ♦ Sports & Post Events
 Pre-Natal Massage ♦ Massage for the Elderly (Geriatric Massage)
 Massage for individuals with special needs and autism
 Infant Massage ♦ Military / Veteran Massage

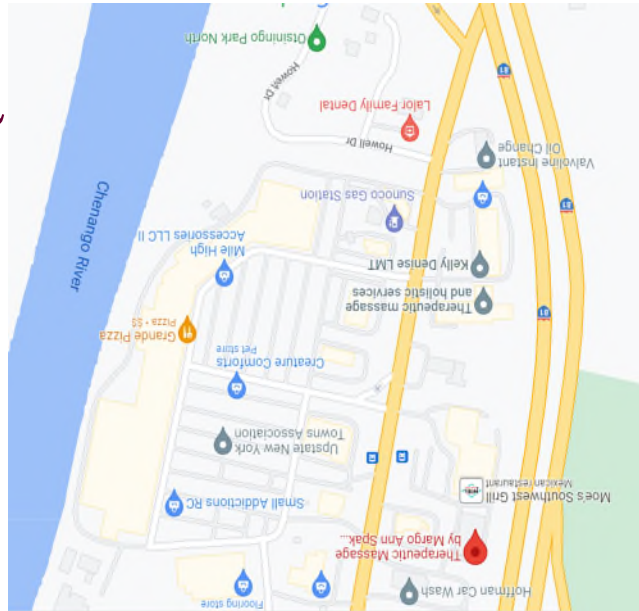
**For massage for children / individuals with Special Needs,
 Please contact me for more information.**



Gift Certificates available



www.margospak-pt-lmt.com
margospak.pt.lmt@gmail.com
Appointments Only
(607) 761-9360



Located at
1249 Upper Front St
Suite 103A
Binghamton, NY
13905

Margo Ann Spak Hemedinger

PT / LMT

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 Nationally Certified Massage Therapist

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