

Welcome to Embody Massage and Wellness, located in Inverness in the Denver Tech. Center. At Embody, we believe that massage and bodywork is a transformative component of healing and wellness. Our mission is to help our clients meet the unique demands of their lives by incorporating massage, bodywork, meditation, breath-work and movement into their wellness routine, allowing for the ability of each persons body-mind to be relaxed, rejuvenated and flourishing. Our vision and heartfelt belief is also a global one as we know that with each person we work with we help to sustain an Embodied spirit and each of those people go out into the world a better person to support, sustain and care for other people and this planet.

Our experienced bodywork professionals strive to fulfill our mission by building long term wellness partnerships that are custom tailored to our our clients unique bodywork needs. We take great pride in the long term relationship we build with our clients--many clients having been with us for a decade or longer. We are family!

Our success has been built on hiring passionate and experienced professionals who stay up to date in the latest massage techniques and physiological literature. This helps us not only provide a superior massage but also educate our clients on strategies that can be used at work and at home to maximize and prolong the benefits of their massage and bodywork. Most importantly, our experience, knowledge, and passion for our work allows us to custom tailor our services to meet each client's unique health and healing needs.

Embody Massage & Wellness mission: Providing the best massage and bodywork services we can to you Each and Every time you walk through our door! We do this by meeting you where you are at and working together to provide the massage that takes you where you want to be.

Thank you for trusting us with you, your wellness and your vision for your life; we are grateful you choose to be a part of our community at Embody!