

# Stretch\*d Upper East Side

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Stretch\*d's Upper East Side studio in Manhattan offers expert-assisted stretching and recovery services designed to help you move better, feel better, and recover faster. Our one-on-one sessions, led by skilled Stretchers in private rooms, are tailored to improve flexibility, reduce stiffness, and enhance range of motion. Whether you're recovering from a workout, easing tension from long hours at a desk, or looking to de-stress, our services cater to every body and lifestyle. We also offer Face\*, a non-invasive face massage that uses lymphatic drainage and targeted techniques to sculpt, lift, and relieve facial tension. Perfect for relaxation, boosting circulation, and alleviating TMJ symptoms, Facassage is a great way to refresh and

recharge. Conveniently located near Central Park, our Upper East Side studio is the ideal destination for personalized recovery services. Book your session today and discover how assisted stretching can transform your wellness routine. Website: <https://stretchdspace.com/> Phone Number: (212) 299-4763

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