



↳ Jay Terry

Somawürks

Somawürks by Jay is a private facility dedicated to massage therapy and advanced bodywork for people desiring a more integrated approach to well-being. With 10 years of experience, Jay specializes in treatment of acute and chronic soft tissue pain. His unique style of bodywork combines the most effective western techniques with Thai-Yoga Massage, to effectively reduce and facilitate health and healing. And if stress reduction is what you seek...soothing relaxation and deep tissue massage is also offered. As a previous co-owner of The Center for Natural Health in San Marco, Jay continues providing quality care one block east of Matthew's restaurant, conveniently located off San Marco Square.

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