



The Best Massages, Mud Baths, Body Treatments, Scrubs + More

By [7x7 Editors](#) | Mar 31, 2016

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Our 2016 guide to the best body treatments in the Bay Area is perfect for soothing away your winter doldrums, office-ignited stress, or après-gym soreness.

Lymphatic Drainage Massage @ [EOS Massage](#)

Michelle Bravo, founder of EOS Massage, has a few gifts to share: She is highly skilled in such divergent practices as lymphatic massage, aromatherapy, and life coaching. With a holistic approach to healing, Bravo whips our minds and muscles into shape in no time with treatments that include decoding our star charts and untangling neck knots. — M.D. // *Lymphatic Drainage Massage* (\$149 for first-time clients) at EOS Massage, 450 Sutter St., Suite 2011 (Union Square), eosmassage.com