

I became a massage therapist in 2016 and received my medical massage certification in 2019. My father was a Chiropractor/Accupuncturist and instilled in me his vast knowledge of the body. Working in the Healthcare field in various capacities, including owning and running my own health food store has allowed me to incorporate this knowledge into my massage practice.

Menu Of Services -

Customized Massage

Enjoy a therapeutic, full body massage designed around your individual needs — whether you want to de-stress and relax, find relief from chronic pain, improve your athletic performance, increase flexibility, speed recovery from injuries or overworked muscles — or all of the above.

\$70

60 Minutes

\$105

90 Minutes

Pregnancy Massage (Past 1st Trimester)

Enjoy a specialized prenatal massage for mothers-to-be that will help reduce stress, rejuvenate tired muscles, and leave you feeling pampered. As a treat for the tummy, warm, melted coconut oil is used to help prevent and reduce the appearance of stretch marks.

\$70

60 Minutes

Salt Scrub — Body Glow

Indulge in a sensory experience as your skin is gently, exfoliated leaving a rejuipated, healthy, more youthful glow to your skin. Enjoy this full body rub that unclogs pores, increases circulation, and melts your muscles.

\$55 50 Minutes



Get in Touch With Me Today

The best way to schedule your next appointment is by text, though you can also shoot me an email or give me a call (be sure to leave a voicemail with your info!).