

Massage Therapists Specialty's

Deanna

- Deep tissue
- Trigger Point
- Sports Massage-PNF/PFS help patients improve ROM, CRAC
- Russian Neuro Release-ease muscle into relaxation
- Myofascial Release
- Rolfing-releasing fascia and lengthening
- Hot Stone Massage
- Gua Sha-Scrapping, spooning-to increase blood flow and break up scar tissue
- Geriatric Massage
- Pregnancy Massage post first trimester >8 weeks

Bernadette

- Deep tissue
- Trigger Point
- Stretching
- Myofascial Release
- Cupping
- Hot Stone

Lucinda

- Reflexology
- Thai Massage
- Stretching
- Qigong
- Lymphatic Drainage
- Facial Rejuvenation
- Sports Massage
- Therapeutic Massage
- Liposuction recovery
- Cupping
- Pregnancy Massage post first trimester >8 weeks

Nykole

- Deep Tissue
- Swedish
- Sports Massage
- Trigger Point
- Pregnancy Massage post first trimester >8 weeks

Frankie

- Deep Tissue
- Trigger Point
- Sports Massage