

MEET OUR
massage therapists

V.I.P



•Therapy Bodywork•

MAX

As a practitioner with over 20+ years of experience, I specialize in sports and injury rehabilitation through a combination of techniques including Acupressure (Shiatsu), Myofascial Release (Gua Sha), and Swedish Massage. I am passionate about helping you restore mobility and function by breaking up restrictions such as scar tissue and adhesions providing long lasting relief from pain and stress. Here's a little about the techniques I use:

Sports & Injury Rehabilitation: I focus on restoring mobility and proper function by working to break up any restrictions in the muscles and fascia, increasing circulation and wellness.

Acupressure (Shiatsu): I apply gentle yet firm pressure to key points on the body to release tension and improve energy flow.

MyoFascial Massage (Gua Sha and Cupping): This technique targets the fascia (the connective tissue around muscles) to help release tension and increase flexibility.

Swedish Massage: Using smooth, gliding strokes with relaxing oils or creams, I provide a gentle yet effective way to promote relaxation and reduce muscle tension.

Hot Stone Massage: Smooth, heated stones are used in combination with oil or essential oils to deeply relax muscles and promote a state of calm and relaxation.

My journey into massage therapy began when I experienced my first massage at a spa in downtown Salt Lake City. I was amazed at how much it transformed my posture. After several injuries and years of joint pain, I began seeking massage therapy for stress relief and general wellness.

I graduated from Myotherapy College of Utah in 2004 with an emphasis in Sports Pathology and Hydrotherapy. Early in my career, I spent several years working in private practice, using warm compresses and body wraps to treat fibromyalgia and arthritis patients.

I later moved to Chicago in 2008, where I spent sixteen years working in the spa industry. Eventually, I rediscovered my passion for private practice, having amassed 20+ years of continuing education in areas like Anatomy,

Lymphatic Drainage, Trigger Point Therapy, Sports Massage, and Reflexology. Today, I am excited to help my clients release muscle tension caused by sports training, overwork, and poor posture.

With my extensive background and passion for wellness, I'm here to help you feel better, move better, and live better.