

Stress Reduction

Stress is part of most of people's lives and in today's fast-paced world and it can negatively have impact on an individual's health and well-being. Massage therapy has been shown to be a means by which stress can be reduced significantly on physical and psychological levels. There is considerable research that validates this from a significant decrease in heart rate, diastolic/systolic blood pressure, lowering cortisol levels.

I use these forms of bodywork/massage from Swedish, Deep Tissue Sculpting, Massage Cupping and Breath Work to help you achieve that deep sense of relaxation, body and mind.