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Objective:

To deliver outstanding massage service to clients that results in relief from muscular tension and stress as well as a higher energy level.

Qualifications:

Graduated in the top 1/4 of my class from a 500-hour fully accredited Swedish massage school in October, 2003. Worked for Annodam Aveda Day Spa & Salon in Doylestown, PA for one and a half years after receiving certificate then moved on to Zanya Salon & Spa in Lambertville, NJ. Trained in all Swedish moves including trigger point therapy and myofascial release. Completed advanced training in Thai massage and deep tissue techniques. Attended class at the Swedish Institute in Manhattan to build technique. Solid understanding of PNF stretching/muscle energy approaches, postural evaluation, lymphatics, hydrotherapy and sports massage. Knowledge of Aveda rituals and methods. B.A. in Philosophy and English, which has given me the communications skills necessary to work with clients in an atmosphere of trust and consideration.

Personal Statement:

I became interested in massage after moving to New York City about two years ago and realizing that I was constantly stressed out! This was a new phenomenon for me as I have always been pretty easy going, but the pace and crunch and noise of the city was enough to make me seek out massage therapy. I was lucky enough to have exceptional experiences with massage, which made me realize the power of Swedish modalities. Before turning to bodywork, I considered a variety of other routes only to come to the realization that our response (as a society) to neuromuscular dysfunction -- anti-inflammatory pills and muscle relaxants, corticosteroid shots or anti-depressants -- is really inadequate. These approaches fail to recognize how complicated the human psyche really is and how our body becomes a storehouse for emotions that can be released through bodywork. So I decided to study massage. I found a great teacher and I whipped through the class in the fastest half year I've ever known. One of my strengths is that I continue to seek out mentors and learn. I believe that I have a natural gift for professional touch that I have refined through schooling. My father's hands, like mine, burn with energy. And I have been fortunate to have a mother who is a health professional with a massive library, which means that I have access to a wealth of knowledge on alternative and Western medicine.

Education:

National Massage Therapy Institute, Philadelphia
The Massage Therapy Program, 500-Hour Course
Accredited by the Commission on Massage Therapy
Deep Tissue Specialization, PA Institute of Massage Therapy
Thai Massage Elective, Yoga on Main, Manayunk, PA
Lymph Drainage Therapy Level I, Upledger Institute
Wrist & Hand Longevity, Swedish Institute, NYC

UMASS, Boston, Bachelor of Arts
Philosophy Major, English Minor

Professional Affiliations

Associated Bodywork & Massage Professionals
Buesing Chiropractic, Danboro, PA
American Red Cross, CPR training