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I am a 2006 graduate of the Arizona School of Massage Therapy. I am licensed by the Arizona state board of massage therapy and a member of the American Massage Therapy Association. I've studied a variety of massage modalities ranging from relaxation to therapeutic to deep tissue to energy work. I combine a variety of these modalities and massage techniques into each massage session to best treat the unique massage needs of every client I meet. I work with all types of individuals including office workers, athletes, minors, the elderly, prenatal, and those with injuries and medical considerations. I have worked for chiropractors and also in spa settings and now I am working as an independent practitioner. People ask me all the time if I like what I do and the answer is that I LOVE what I do! I can't imagine doing anything else other than massage therapy. When I am not massaging, my other loves and hobbies include reading, hiking, photography and long car rides and adventures with my husband.

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