



I bring in my own massage table, linens, blankets, and props.

Before you get on my table we talk together briefly about your medical needs, your massage history, the state of your body, what you desire from the session, your musical preference and we address any concerns you may have.

I use Spotify and my speakers to bring a wide selection of musical options so I'm sure to find the tunes that sooth your mind.

I start by custom blending my aromatherapy oils to suit your nose and needs.

I follow with a full body towel steam to soften your muscles and prepare your skin.

After you are completely warm and relaxed, I provide a custom tailored massage which thoroughly works your body from tip to toe. Our pre-massage chat, and my highly developed sense of touch will ensure that every muscle group gets the specialized relaxation and circulation you need. Each massage is built around a base of swedish, deep tissue, myofacial, or sports massage modalities which I conture specifically for you. I am very thorough.

As we end the massage, I will wrap you once again in steaming warm cloth to drive in the relaxation and seal in the benefits.

Additional optional services available by advance request include handmade salt scrub treatments, acupressure, reiki, guided meditations, energy work, and body holding.

I was originally trained and licensed in Austin, Texas as Austin Schools of Massage. I have several years experience as a professional massage therapist. I am a female therapist in my 20's. All of my work is therapeutic in nature and strictly nonsexual. I always use draping for both comfort and modesty.

