



Kelly

Bridget

Modalities

Advanced Tech for Upper Body Deep Tissue	•	•
Cupping	•	•
Deep Tissue	•	•
Gua Sha (Massage Scraping)	•	•
Hot Stones (Certified)	•	
Manual Lymphatic Drainage	•	•
Massage Cupping (Certified)	•	
Migraine & Headache Relief	•	•
Myofascial Release	•	•
Pregnancy		•
Reflexology		
Reiki		
Relaxation	•	•
Sports Massage	•	•
Swedish	•	•
Thai Massage		
Trigger Point	•	•
Tender Point	•	•
NMT		•

Populations

All Populations	•	
Special Interests		
• Adolescents / Youth	•	•
• Anxiety / Depression	•	•
• Athletes	•	•
• Military	•	•
• Veterans	•	•
• Injury Treatment	•	•
• Migraines / Headaches	•	•
• Prenatal		•
• PTSD	•	•
• Relaxation	•	•