



# Jacquie

## Massage Therapist

### ***Q. What does Massage Therapy mean to you?***

A. I believe our bodies, including tension patterns, reflect the lives we live. As massage therapy releases tension, it can be a powerful interrupter of the status quo. Incorporating massage therapy as a means of self-care has additional benefits like relaxation, pain-relief, healing, increased range of motion and heightened body awareness.

### ***Q. Why did you decide to become a Massage Therapist?***

A. I decided to become a massage therapist for two reasons. The first was because I wanted to make a change that would allow for me to live a lifestyle consistent with my values. The second was that I wanted to make a living doing something that made people feel good.

Once in school, I quickly realized there was much more that massage therapy could offer beyond making people feel good. I turned my attention towards the treatment side of bodywork, which brought me here to 5focus. 'Feeling good,' however, is still a result of my work.

### ***Q. What do you hope clients gain from attending your Massage Therapy sessions?***

A. I'd love for my clients gain insight into the present state of their bodies. Beyond our session, I hope my clients feel relaxed and energized, ready to take on what's important to them.

### ***Q. Why are your Massage Therapy sessions special?***

A. I assess the tissue from a neurofascial perspective that informs how and where I will treat. This is a distinct approach to bodywork that I've been fortunate to learn from leaders in the structural bodywork community.

### ***Q. How do you address Holistic health in your life?***

A. I strive to make a habit of exercising 3-6 times per week, consuming an abundance of organic fruits and vegetables, receiving monthly acupuncture and bodywork and engaging in various soul-nourishing activities. I try to make holistic health as much a part of my life as possible.

### ***Q. What is the one thing you think every person can do to improve their health?***

A. Take daily action towards your wellness goals, even if that means creating a wellness goal.