



Brook

*Holistic Health Coach
Massage Therapist*

Q. What does Massage Therapy mean to you?

A. Massage therapy is an opportunity for us to look inward, one that allows healing and change - physically and mentally.

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

A. Being in this role provides connection to other human beings in a different way than nearly any other profession. It is such a privilege to be trusted to do this work. As your massage therapist, my hands are skilled, but every session is a another chance to work with your body to help you find healing and balance - in whatever way is best for you.

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

A. I hope my clients come away from their sessions with a new understanding of how they can support their own wellness. I also hope they find that treatment and healing work can also be deeply relaxing.

Q. Why are your Massage Therapy sessions special?

A. My focus is to make each client feel calm and taken-care-of in our sessions together. These sessions are all about them - not something that happens often in our busy lives.

Q. How do you address holistic health in your life?

A. When I'm not in the office, I can be found crafting some new food experiment in the kitchen, walking among the tall trees or near the water with my family. I also like to make time for my own massage and creative headspace.

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

A. Focus on self-care. We live in such a fast-paced culture. Small, daily practices can do wonders to keep you feeling well and performing at your best.

***For more about Brook please visit
www.healingyourwholeself.com***