



Candace

Massage Therapist

Q. What does Massage Therapy mean to you?

A. Massage therapy to me is an opportunity to bring our awareness fully into our bodies. It allows us to not only work on the physical but also the mental and emotional aspects of ourselves. It's all connected!

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

A. I decided to become a massage therapist because of my fascination of the human body. Massage also allows me to help people feel better.

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

A. I hope they leave feeling relaxed. I also hope they leave with a better awareness of their body.

Q. Why are your Massage Therapy sessions special?

A. I provide a safe and relaxing space for each treatment. I bring all the knowledge and experience I've gained over the years to provide a session based on the client's exact needs.

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

A. I practice yoga and move my body daily. I also take time to connect with my breath and clear my mind each day. I always try to choose healthier foods and drink plenty of water.

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

A. I recommend making time for deep, slow diaphragmatic breathing. Connecting with your breath activates the parasympathetic nervous system and therefore helps calm the mind and body.