



La Vida Massage Therapy *Holistic and Restorative Therapies*

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Forty-one years ago, when I began working in this field, no one had ever heard of Holistic Therapies or Alternative Therapies. Pharmaceuticals had replaced many of the traditional foods and remedies used as medicine by our ancestors. Some of these were passed down orally and not recorded. In some cultures that found a new home in the West, natural therapies/remedies still had credibility and because they work, are still used today. But because new immigrants were encouraged to come into the modern age and abandon the wisdom of their ancestors, we are not so connected today to the natural world that seems to be changing. People want healthier and safer alternatives and are requesting organic foods, non-GMO, locally grown produce and in some communities have started community gardens. There is a trend to return to the ways of our ancestors. Over time, my clients began to show interest in a pro-active approach to health and were looking into preventative ways to maintain wellness. This helped shape the practice that I have today.

Therapy Services

Swedish Massage

Acupressure - Traditional

Acupressure - Light Stream™ Tachyon Energy Gem Laser

Deep Relaxation Therapy Massage

Therapeutic and Integrative Massage

Bamboo Massage

Reflexology

Deep Tissue Massage

Advanced Muscle Reconditioning

Lymphatic Drainage

CranioSacral Therapy

Spinal Touch Therapy

Chakra Balancing

Tibetan Energy Therapy

Facial & Body Sculpting

BEAUTIFUL IMAGE Facial & Body Sculpting

Advanced Technology For Skin Rejuvenation

Iridology

Physical (Holistic) Iridology

Rayid Iridology

Trinifinity8 Technology

Auricularqtherapy (ear beads)

