

Massage in San Luis Obispo, CA

Reset Your Body & Mind with Massage Therapy

I am a state certified massage therapist, reiki therapist, and therapeutic specialist offering massage in San Luis Obispo. I have 26 years of advanced bodywork experience and training. The style of massage therapy I offer is an integrative approach that incorporates ashiatsu, acupressure, circulatory massage, deep tissue massage, myofascial release, and reiki therapy. In addition to therapeutic focus, my specialty is relaxation, stress relief, and pain relief.



Let Go of Stress & Leave Feeling Renewed

Massage Therapy is a powerful modality for easing pain, releasing stress, and giving your mind and body a break. It also resets your nervous system. Without giving time and space for self-care, your nervous system can become stuck in chronic patterns of fight, flight, and freeze. The result of this can be a myriad of problematic and unwanted symptoms. Massage is a fast and effective way to give yourself the reset and relaxation you need.

Each massage session is custom tailored to fit your needs, and multiple session lengths are available, depending on your focus. If you are ready to unplug, unwind, and gift yourself with the care and attention to wellness that you need, I'm here to help. My massage location is close to downtown San Luis Obispo with convenient, free, onsite parking.

Learn More About Our Massage Services



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Also offering psychotherapy services. [Learn more: Counseling in San Luis Obispo](#)

Call or Text

(805) 406-9757

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