

Custom massage therapy sessions designed to release tension, rejuvenate circulation, and restore energy levels.

Hi, I'm Jessi

Holistic bodyworker and health coach, creating healing experiences for your mind-body-soul.

For the past 11 years, I've been helping people of all ages and fitness levels feel more grounded through mindful movement.

As a Holistic Fitness Trainer and Bodyworker, I focus on the relationship between the body, mind and soul.

In 2020, I graduated from a holistic bodywork college and added massage therapy to my long list of modalities I use to be of service to my clients.

I believe there is no one-size-fits-all approach, so my sessions are customized to fit the unique needs of each individual. My goal is always to provide a safe and welcoming space, in order to help you feel grounded and restored.



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