

- Relieve stress, anxiety, and depression
- Relieve pain
- Enhance exercise performance, range of motion, circulation and joint flexibility
- Relieve tension headaches and migraine frequency
- Improve sleep
- Enhance immunity by stimulating lymph flow
- Reduce Scar Tissue
- Reduce Spasms and Cramps

Melissa Brown

Certified Massage Therapist
Certified Cranial/Fascial Therapist
Certified FMT Blades / Blades
Advanced IASTM



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Health & Healing

Cranial/Fascial Massage Fascial Tooling Massage Therapeutic Massage Prenatal Massage