



Advanced Bodywork with Purpose and Precision



At Casita Bodywork, we deliver results-driven treatment for individuals who value both wellness and science. Located in Hawthorne, our studio specializes in clinically informed bodywork for sciatica pain, lymphatic drainage, sports recovery, post-operative support, and prenatal care.

Whether you're a high-performing professional, an expectant parent, or recovering from injury, you'll receive targeted care grounded in anatomy, evidence-based techniques, and a deep respect for your body's needs. Led by a seasoned practitioner with advanced training, Casita Bodywork bridges the gap between therapeutic massage and medical-grade bodywork.