



ADAM WESTBROOK

CERTIFIED MASSAGE THERAPIST



EDUCATION

National Holistic Institute
Swedish, Deep Tissue, Myofascial Therapy

West Valley College
Human Anatomy and Physiology

SPECIALIZATION

- Swedish
- Deep Tissue
- Energy Work
- Foot Reflexology
- MFT (MyoFascial Therapy)
- Huato Points

PHILOSOPHY

Every day is stressful on our bodies, whether you walk, run, play sports, workout, or sit in front of a computer. As a massage therapist, I encourage the nurturing of oneself to obtain the full capacity of good feeling and emotion. I find satisfaction knowing that my client will be a whole new person when they leave the massage table and continue their day. I dedicate every minute of every massage to the fullest of my capabilities. It is my passion to work

toward changing the physical and emotional well-being of my clients two hands at a time.

