



HEATHER CASILLAS

CERTIFIED MASSAGE THERAPIST



EDUCATION

Certified Massage Therapist
National Holistic Institute
Deep Tissue courses
NHI

SPECIALIZATION

- Deep Tissue
- Swedish Massage
- Shiatsu Massage
- Energy Work
- Aromatherapy
- PNF stretching

PHILOSOPHY

We are all on a healing path to wellness whether it be in our mind, body, or soul. Massage therapy is a major stepping stone on that path. It brings balance, calmness, strength, and relaxation to our lives. Our bodies are wonderful amazing machines and they need some maintenance every so often. Massage can help ease the effects of life's stresses whether it be physical, mental, or spiritual. I believe the whole person benefits from massage. Each client is an individual and is therefore treated for their individual needs. As a massage therapist I simply want to help make your journey on this healing path a comfortable and healthy one.

