



JULIE MATTHEWS

CERTIFIED MASSAGE THERAPIST



EDUCATION

Certified Massage Therapist
Trinity College

BA, Environmental Studies
UC Santa Cruz



SPECIALIZATION

- Swedish
- Deep Tissue
- Foot Reflexology
- Pre-natal

PHILOSOPHY

There are many benefits of massage to the body. It stimulates blood and lymph circulation, relaxes the muscles, and stretches connective tissue, just to name a few. Massage also feels really good! I believe that our bodies are our most important asset and massage is one piece of the whole picture. When integrated into a healthy lifestyle, regular exercise, a balanced diet, and a clear mind, massage will aid in balancing and maintaining a healthy body.

