



Special 2014

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Causes of Pain



Studies show that massage therapy helps reduce back pain more than some medications.

Massage Offers Hope

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Office Hours and Contact

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Massage Works



Be sure to communicate with your massage therapist if you are experiencing back pain.



Creativity goes a long way on your commute.

"When you are afraid of what lies ahead of you, just strap on your rubber boots, grab your machete, and step into the Rainforest. Everything you need will be provided for you."
Angie Parris-Raney

This is just one profound lesson I learned from volunteering and working beside people of a small community in the Amazonian Rainforest in Ecuador (February 2014). After settling into challenging conditions, I quickly realized that the rainforest was a medicine cabinet, a grocery store, a playground, and a school. The adventure taught me about trust, imagination, and connection.

Learn more about this and my many Peruvian adventures as I explore ways in which to reach out to these amazing cultures and give back through nurturing touch. Please visit www.ProjectInti.org or GoodHealth.Massagetherapy.com



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