

Valerie Summer Massage

There is a great concept in Eastern medicine, which is that with each season, we need to adjust our bodies and minds to the changes of the natural world.

Suddenly, this fall seems to be exploding all around us, and it feels like a whirlwind. Being kind to ourselves can help.

If you love bodywork, you may want to experience more than one style. Every type of massage therapy that I offer is 100% hands on. Thai Massage is done clothed, on a mat on the floor or right on the massage table. It is a delicious combination of stretching and compression that has the benefit of opening joints and suggesting new possibilities.

Lomi Lomi massage is flowing, mesmerizing, and rich. It is done with long, integrating strokes delivered mostly with forearms. Combined with Hawaiian music and lots of warmth and oils, it is a perfect tool to buoy our spirits as winter comes around.

Here are a couple of details I wanted to share. Nature's Storehouse now has a guest wi-fi network. You can hop on it with no password. When you are paying by Venmo, for instance, it makes the process a lot smoother.

In the beginning of this year, I started practicing saying this: "I am not able to take any new clients at this time". That is a hard sentence to say after 28 years! But since I am still looking for another Licensed Massage Therapist to share the office with me, I don't have the ability to book anyone new. It's actually been so liberating as well as focusing for me; I can pay closer attention to getting you the appointment you need. We also benefit from booking farther into the future. I am happy to provide Gift Certificates for clients who already have been coming to see me, and that can be arranged by phone, email, or texting.
love and peace,

Valerie