



Christina graduated from The Ohio College of Massage Therapy where she received her Degree in Massage Therapy Associate of Applied Science. She is licensed by the Ohio State Medical Board . She is currently working towards her NCTMB Certification and her Fitness Training Certification.

Christina is dedicated in personal wellness, her healthy living is reflected in her calm presence and strong hands. She believes in the body's ability to heal itself and that massage therapy is one of the many paths to restoring health and wholeness to the body. She's a strong supporter of self care.

Christina uses her training in Precision NeuroMuscular Release Therapy, Myofascial Release Therapy, Sports Massage and Trigger Point Therapy to help her clients achieve whole body wellness.

Christina philosophy is that touch and bodywork are essential to health and well-being for the mind, body and spirit.