

ADVERTISEMENT

HELLO! MY NAME IS



Kathryn Overby LMT
Lic #5303
541-556-0507
koverbylmt.com

I love the work that I do! I am a Massage Therapist. I have been for eighteen years now. My clients love to come and see me. When they are achy and sore, I help them to feel yummy again. When they are stressed and anxious, my massage calms them and reminds them to breathe. They always go home with a smile on their face and joy in their heart. Yes, I love the work that I do!

Massage is a magical gift to give oneself. It is more than just a way to "treat" yourself. It has so many therapeutic values. Physically, it nurtures and heals the body. Mentally, it calms and quiets the mind. Emotionally, it allows you to release and let go of worries. Spiritually, when you relax the body and quiet the mind, it allows the flow of energy between you, Creator, Mother Earth and all the spirits around you to come together and heal your soul. Yes, I love the work that I do.

In my 18 years of practice, I have studied many styles and techniques of massage, all of which I utilize during a massage treatment. I have studied Sports Massage- injury treatment. Deep Tissue techniques that allow me to do deep work without it hurting the client (okay, maybe a little bit of an ouch now and then). Hot Stone Massage- all I can say to that is "YUM". Prenatal/pregnancy Massage, I have a massage table that allows the expectant mother to lay face down on the table while her tummy and the baby are cradled in a supportive hammock. New mommies love my massage table! Therapeutic Treatment, used for sore muscles and injuries. I have worked with Chiropractors, PT's and in the Spa industry and have a private practice. These are a few of the things that I do. I am also a Reiki Master, I have been a practitioner for 19 years. Yes, I do love the work that I do!

Come and see me sometime soon, I have a wonderful "Summer Special" going on.

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