



LIFE SPA
MEDI

MASSAGE THERAPIST

CHANDRA ENGSTROM



Since becoming a certified massage therapist in 2009 through Lake Superior College, Chandra Engstrom has built a practice grounded in both expertise and a deep passion for healing. Specializing in posture correction, myofascial release, TMJ techniques, and nervous system regulation, Chandra brings a holistic and client-centered approach to every session.

Chandra holds advanced certifications in cupping therapy from the CenterPoint Massage Institute (2018) and craniosacral therapy from the Heartwood Institute (2018), allowing her to offer highly specialized support for pain relief, recovery, and overall well-being. Whether working with chronic tension or supporting nervous system balance, Chandra integrates techniques that are both therapeutic and deeply restorative.

Clients appreciate her thoughtful touch, keen anatomical insight, and dedication to helping each person feel more at ease in their own body.

SERVICES PROVIDED

- Custom Massages: using multiple modalities such as myofascial release, craniosacral therapy, cupping, dynamic stretch, mobility work, and more.
- CBD Massage
- Pregnancy Massage
- Add Ons: Cupping, CBD Spot treatment, Scalp Relax, Hand/Foot Relax, Gua Sha

YEARS OF EXPERIENCE

- Certified Massage Therapist since 2009

SPECIAL TRAININGS, AWARDS, PROGRAMS

- Cupping Certification 2018 from Center Point Institute
- Craniosacral Certification from Heartwood Institute 2018

