



LIFE SPA  
MEDI



# MASSAGE THERAPIST

## JILL YOUNG

Jill is a Certified Massage Therapist practicing since 2008. She has worked in many different settings including chiropractic, hospital, spa and private practice. She uses multiple modalities including Trigger Point, Rehabilitative, Prenatal and Postpartum Massage, Reiki, Aromatherapy, Cupping and Sound Healing to give a personalized experience. She is passionate about working with her clients to create an individualized healing plan that helps clients achieve their wellness goals. Her sessions offer healing at the Physical, Emotional, and Spiritual Levels.

When Jill is not in the treatment room, she is enjoying hiking and camping with her family.

### SERVICES PROVIDED

- Custom Massages using multiple modalities such as trigger point therapy, reiki, cupping, sound healing, and mobility work.
- CBD Massage
- Pregnancy Massage
- Add Ons: Cupping, CBD Spot treatment, Scalp Relax, Hand/Foot Relax, Gua Sha, Hot Stone

### YEARS OF EXPERIENCE

- Certified Massage Therapist since 2008

### SPECIAL TRAININGS, AWARDS, PROGRAMS

- Center Point Massage Institute - 2008
- Reiki Master - 2016
- Holy Fire Karuna Master - 2018
- Member of ABMP - 2008

