



LIFE SPA
MEDI



MASSAGE THERAPIST

LYDIA ALLISON

Lydia Allison is a licensed massage therapist with over 15 years of experience and a passion for helping clients feel their best. A 2008 graduate of CenterPoint Massage and Shiatsu School, she specializes in Myofascial Release, Prenatal Massage, Sports Massage, Active Release, Shiatsu, Lymph Drainage, and Swedish Massage. Lydia is also trained in Cupping Therapy, Kinesio Taping, Structural Integration Therapy, and Assisted Stretching, and has studied Thai Massage in Bangkok.

Known for her deep knowledge of anatomy and customized approach, Lydia has built long-term relationships with clients since joining LifeSpa Highland Park in 2012.

Outside of work, she enjoys time with family, biking, reading, cooking, and volunteering in her church community.

SERVICES PROVIDED

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

YEARS OF EXPERIENCE

- City of St Paul Licensed Massage Therapist
CenterPoint Massage and Shiatsu School and Clinic: 2008

SPECIAL TRAININGS, AWARDS, PROGRAMS

- 2024 Life Time Nomination for Outstanding Growth in the Massage Category
- NCBTMB Certified
- Studied Thai Massage in Bangkok
- Cupping Therapy & Kinesio Taping
- Life Spa training in Structural Integration Therapy
- Life Time Dynamic Stretch Certification

