



LIFE SPA  
MEDI



# MASSAGE THERAPIST

## LISA GROSSMAN

Lisa is a highly experienced and dedicated massage therapist with over ten years in the field. Holding associate degrees in both Sports Massage and Exercise Science, Lisa possesses a strong foundation in understanding the body's mechanics and how massage can facilitate healing and enhance performance.

Advanced techniques include orthopedic cupping to address musculoskeletal imbalances, reflexology to promote systemic well-being, the soothing warmth of hot stone massage, targeted sports massage for athletes and active individuals, gentle yet effective myofascial release, and in-depth deeper tissue work to alleviate chronic tension.

Passionate about empowering clients on their wellness journey, Lisa takes a personalized approach to each session, carefully listening to individual needs and tailoring treatments to achieve optimal results. Whether you are seeking relief from pain, recovering from an injury, looking to improve athletic performance, or simply in need of relaxation, Lisa is committed to providing professional and effective therapeutic care.

### SERVICES PROVIDED

- Custom Massages: sports massage, myofascial release, cupping, dynamic stretch, mobility work.
- CBD Massage
- Pregnancy Massage
- Add Ons: Cupping, CBD Spot treatment, Scalp Relax, Hand/Foot Relax, Gua Sha, Hot Stone

### YEARS OF EXPERIENCE

- Massage Therapist since 2014

### SPECIAL TRAININGS, AWARDS, PROGRAMS

- Massage Certificate 2014
- Clinical Sports Massage Associates Degree 2016
- Exercise Science, Sports and Exercise Science Associates Degree 2020
- Hot Stone Certified 2014
- Clinical training at University of St. Thomas 2015
- Reflexology Certification 2018
- NCBTMB Golf Massage Certification 2018
- SCOUT (Myofascial modality) Certified 2020
- Orthopedic Cupping 2025

