



FORT BLISS Massage Therapist



Name: Mia Deane

Title: Licensed Massage Therapist

Modalities & Core Education:

Deep Tissue, Sports Massage, Medical Massage, Lymph Drainage, Craniosacral Massage, Pre/Postnatal, Trigger Point Therapy, Proprioceptive NeuroMuscular Facilitation, Muscle Energy Technique, Hot Stone, PTSD 1 & 2, Swedish, Thai Massage, Reflexology, Myofascial Release. 1000 hours- Licensed Massage Therapy

at Ashland Institute of Massage.

About:

I fell in love with massage when I came to rely on it for my own lower back issues. I have always been drawn to the medical field and find anatomy amazing. However, becoming an LMT in 2006 was completely unplanned, but I am so grateful! Massage has allowed me to provide relief and ease discomfort for others. Assisting with the healing process for others so that they feel well in their bodies. Providing therapy for others is overwhelmingly rewarding. When a client comes in for an appointment, we first identify their focus and goals for the session. We then come up with a plan for their specific treatment. By logically analyzing the cause and focusing on the root of the issue, the recovery and results are much more successful. After the treatment, we will review stretches and aftercare to make sure that the client has the best outcome possible. I look forward to working with you to achieve your health goals.

Wellness Philosophy: Your greatest wealth is your health. You will get out of it what you put into it.

Massage License Info:

Oregon #LMT-13269

Texas #MT121167

Phone:

(541) 321-8523

Email:

TherapyForHeroes@gmail.com

Schedule an appointment:

[MassageAtSotoGYM.FullSlate.com](https://www.MassageAtSotoGYM.FullSlate.com)