



EXPERTISE

Licensed Massage Therapist, Certified Prenatal Massage Therapist, Manual Lymphatic Drainage, and Usui & Karuna Reiki Master Teacher, Holistic Metamorphosis® Level 1 Practitioner

INTRODUCTION

Our bodies are being worked on so many levels. The body is amazing in how it heals and restores itself, but sometimes it needs a little help. There are so many ways that massage can help our bodies do its job. Massage not only releases tension and stress, it also boosts lymph flow, releases toxins stored in tissue, improves circulation, stimulates digestive organs, and so much more! Jessica believes that each person is unique and structures her therapy sessions to fit the individual client's needs.

Jessica is a licensed massage therapist, certified in prenatal massage, and is a Reiki Master. She received her massage therapy training from the National Massage Therapy Institute in Falls Church, Virginia and became licensed in May 2012. She received her Reiki training and attunement from a private teacher in March 2011. Jessica is trained in Swedish, prenatal, sports and deep tissue massage. In the near future, she plans to expand her skills to include CranioSacral Therapy.

As a child, Jessica used to give her older sister neck and shoulder massages. She has always enjoyed helping others. She loved helping others so much she became a kindergarten teacher and taught for 3 years. Even though she loved working with those young minds, she felt she needed something different. That's when she received her Reiki training and soon after deciding that she would pursue a career in massage therapy. From there her interest in the alternative medicine field blossomed.

SERVICES OFFERED

- Deep Tissue Massage
- Swedish Massage
- Manual Lymphatic Drainage Massage
- Prenatal Massage
- Energy Healing – Usui Reiki; Karuna Reiki

MAKE AN APPOINTMENT

Email Address: info@nourishing-journey.com

Phone: 410-992-3001

TESTIMONIALS

"Lymphatic Drainage was a wonderful experience!"

"Jess gives a great massage!", Fantastic massage and great customer service!"

"Jessica was excellent!", Easy-to-find location, lovely office suite, and Jessica was an excellent masseuse."

"Jessica is a very good massage therapist and is very personable. I really enjoyed my visit."

"Jessica for massage was wonderful and Jennifer is irreplaceable. Definitely going back."

"Swedish massage felt like heaven – thanks Jessica!"

"My therapist (Jessica) was the best I've ever had. She was very professional, extremely courteous, and very thorough. I left wanting more. I'm interested in obtaining a monthly service plan. It was AWESOME!"