

I had been having trouble with my right shoulder following a bicycle accident. As time went by I seemed to lose range and had trouble sleeping because of the pain I felt when it was under pressure.

My wife and daughter have been driving down to see Kris for a couple of years, and I see the benefits Kris' massage has with my daughter. My wife talked me into just trying it. Kris completely took the pain away and then gave me some essential oils to use at home. This all sounded very hokey to me but I was amazed by the difference they make.

I am a skeptic turned believer. It really works.

~Michael R.

*February 2012*