

I have been getting massages from Kris for over 3 years now. I have often told him that I believe I would be crippled if I were not getting a weekly massage.

I know I would not be in as good of shape as I am without them. He keeps my muscles in wellness by using the various techniques that he has learned. He always seems to know just what muscle is acting up and what needs to be done to make it perform properly.

Kris has taken many advanced classes with various techniques. I have benefited from all of this advanced training because he takes the parts that are needed by me from each of them and improves my well being by using what works best for me personally. I sense that is why he is so good at what he does, because he 'listens' to the body. He also listens to the client. He is a very caring individual and that is something money can't buy.

It is so nice to go through the majority of the week without the pain that creeps in just before it's time for my weekly massage. Thank you, Kris!

~Pam A.

*February 2012*