

## Therapist information and biographies

*It is my belief that the connection between a client and their therapist is the most critical component to a positive massage experience..Laura Russell*



**Gloria** attended the National Massage Therapy Institute in Florida where she learned all aspects of massage but focused on sports therapy. What really jump-started her career in massage was learning at an early age the benefits of this work. As a youngster she would accompany her father, a semi-pro soccer trainer and coach, to games and practices where she would learn how to tape, stretch and massage the players. She saw how this work would help the injured players recover quickly and how it helped others avoid injury and prolong their careers. As a teenager she was involved in an intensive dance program that resulted in sciatica and hip injuries. Again massage was the answer to recovery and a tool that helped her function at her full potential. After graduation from massage school she began working at a Sports Therapy clinic but her expertise is not limited to this area. Gloria has extensive training and education in prenatal massage, oncology and medical massage. She has worked with cancer patients, a paraplegic and many geriatric clients. She is proficient in deep tissue therapy, Swedish massage, a technique called raindrop therapy that uses essential oils to slowly align muscles and nerves. Gloria loves this work; it is a passion and a calling. She says that each session is a recharge to one's system... her clients' and her own.



**Agnes** graduated from Applied Career College in Alexandria, Virginia and also holds a Bachelor of Science Degree in Nursing from Howard University in Washington, DC. As a Nationally Certified Massage Therapist, Agnes is licensed in both Washington, DC and Virginia. Her training includes Deep Tissue, Hot Stone, Swedish, Sports, Seated, and Prenatal Massage. She has Continuing Education in Myofacial Release, Neuromuscular Therapy, and Reflexology. Agnes is a member of associated Bodywork Massage Professionals and her signature work is a combination of Swedish, Sports, Deep Tissue, Myofacial Release and Reflexology. Currently Agnes works full time as a nurse and part time as a massage therapist.



**Julie** is a graduate of National Massage Therapy Institute in Falls Church, VA. She has been active her throughout her life in a variety of sports, outdoor activities such as hiking and skiing, and has over seven years of training in a variety of dance styles and continues to study and perform. She can directly relate to the various ailments that athletes of all types confront. She specializes in Swedish, Deep Tissue, and Sports Massage and is skilled in cross friction techniques to help release tissue hypertonicity. What she enjoys most about giving massage is that she is able to combine her scientific knowledge, creative energy and passion for helping people to be an effective therapist.



**Carlos** graduated from the Academy of Healing Arts in Florida and is a Nationally Certified Massage Therapist with licenses in DC and Virginia. Strong, happy and energetic come to mind when describing his personality and his work. His massage is ideal for clients who enjoy the focused work of Deep Tissue massage as well as for those who like the flowing strokes of Swedish massage. Carlos has training in lymphatic drainage and he is experienced in working with clients who have lower back pain. Carlos is a third degree Reiki Master.



**Christopher** loves his work as a massage therapist. An avid sports enthusiast, especially basketball, cycling, running and swimming; he is familiar with the various aches and pains associated with exercise. As a result his motivation and interest in massage school was to understand the dynamics of sports injuries and the best massage techniques to address them. Chris uses his personal experience, knowledge of anatomy and physiology and all that he learned in massage school to apply Swedish and Deep Tissue techniques in a way that best helps each client relax, stay active. Before attending the Banner College massage program Chris graduated with a Bachelor of Arts Degree in Psychology from Tufts University. A native of Seattle, Washington Chris loves outdoor sports but is happy to be working indoors at the NW Club where his experience shines as a terrific massage therapist.



**Edmund** has always had an interest in the interplay of mind and body. So it was a natural progression from studies of psychology to nutrition to how the physical body itself can be affected, and in turn have effects on both physical and mental health, through massage. Having played piano for over a decade, his hands were already sensitive to pressure and resistance, and he quickly developed a knack for finding peoples' stress points. Taking the interest to the next step, he attended the National Massage Therapy Institute, and upon graduation signed on as a teaching assistant to broaden and enhance his understanding and pass on what he has been learning about Swedish, Deep Tissue and Trigger Point therapies. He hopes to find a niche to expand on what he has learned so far, and help others maintain a measure of health and harmony in their busy lives. Edmund is an ABMP member, NCBTMB certified and licensed in Maryland and Virginia.



**Elaine** has made it a personal life long goal to remain physically fit and to expand her passion toward helping others develop and maintain the same philosophy. Through her unique style and sincere dedication, Elaine has empowered runners, fitness enthusiasts and those less physically inclined to reach their fitness goals to gain the winning edge. Elaine uses massage to help her clients stay relaxed, prevent and recover from injuries as well as to gain focus and a sense of connection with their bodies. She uses Swedish massage, stretching techniques and moderate deep tissue massage to help her clients obtain improved range of motion, strength, and increased endurance. Elaine has been certified in Hot Stone massage since May 2008. In addition to her massage therapy

credentials, Elaine, is an ACE certified personal trainer and an ACE certified fitness instructor. Elaine is a graduate of the Potomac Massage Therapy Institute and a member of the American Massage Therapy Association. She is licensed in Maryland and Virginia.



**Farhad** is nationally certified by the National Board of Therapeutic Massage and Bodywork, licensed in Virginia and a member of the American Massage Therapy Association. He specializes in Swedish massage, Deep Tissue, Controlled stretching, Sports Massage, and Trigger Point techniques and modalities. These techniques are helpful in the body's recovery from strenuous activity or injury, as well as promoting relaxation. Farhad's focus is to give individuals relief from pain and stress. As massage is a holistic endeavor, Farhad engages the body, mind, and spirit to help restore clients' balance by using techniques tailored for each client, giving each patron individual attention. He is committed to continuing education to further develop skills to better serve his diverse group of clients. Farhad is honored to be part of his clients' healing process.



**Gene** has been practicing bodywork since 1983. He is an acupuncturist and teaches tai chi in addition to practicing a gentle, but deep, style of massage. Gene has always had an interest in teaching his clients to practice relaxation techniques. Most people have no idea how much benefit they can derive

from regularly practicing simple breathing, visualization, and movement exercises. Massage Therapy, Acupuncture, and Tai Chi have at least fifty percent more power if the client knows how to maintain a routine of stress-relief self-care. Gene works not only to give his clients "temporary relief" but to help them acquire permanent control over their vital energy. He is licensed in Virginia and a member of the American Massage Therapy Association.



**Germaine** is a certified and licensed massage technician and cosmetologist. She has been working at Sport and Health Clubs since 1991. She received her education in massage therapy at the Potomac Massage Training Institute in Washington, DC. Germaine has studied Reflexology, as well as workshops in nutrition and health, ayurvedic massage, aromatherapy, chiropractic and massage. An active dancer and participant of classes offered at the Tyson's Club, Germaine understands the stresses of these movement routines on the body. This gives her extra insights and skill at providing a remedy to the problems that arise from these actions. Germaine is licensed in Virginia.



**Gioia** is a nationally certified massage therapist with license in Virginia. She is also a fitness and pilates instructor, as well as a yoga and dance teacher. Gioia has a technique that is a mixture of long stroke, Swedish, Trager, therapeutic movement, stretching, acupressure, trigger point, sports massage, and some deep tissue. She is an intuitive therapist. Each session is unique to the individual she works with. Pressure and depth depends upon tissue response. Gioia

works the entire body, head to toe. What you feel in the neck or back will often be coming from other areas of the body like the shoulders, legs, and feet. Her goal is to give a therapeutic and relaxing session when you see her. Gioia has been working with Washington Wellness, LLC at Sport and Health since 1990.



**Harry** is an active athlete. In addition to regular workouts he has a passion for soccer. Harry has played club, high school and semi-pro soccer for 19 years. Like most athletes he understands the importance of flexibility, strength, speed and focus of attention. He has developed these skills for himself and uses massage to help others develop and refine them as well. Harry uses his strength, experience and education to apply powerful Deep Tissue work. He uses Swedish massage and stretching to relax and enhance range of motion and flexibility with his clients. With over 7 years of massage experience Harry has become proficient at helping his clients reach their fitness potential, prevent and recover from injuries, as well as relax and become comfortable with their bodies. Harry is a nationally certified massage therapist licensed in Virginia and is a member of the American Massage Therapy Association.



**Heather** brings a unique and artistic energy to our team of massage therapists. She is a graduate of The Potomac Massage Training Institute, in Washington, DC and Core, a Center for Wellness in Kensington, MD. Heather is

diversified as a therapist, Reiki and energy work are her specialties yet clients rave about the Zen-like quality of her Swedish, and Deep Tissue Massage. Heather's Deep Tissue techniques focus on the deeper layers of muscle tissue; aiming to release the chronic patterns of tension in the body through slow movement, and deep, gentle pressure. Heather's artistic integration of both approaches creates a distinctive massage that is relaxing, rejuvenating and healing. As a part of her volunteer outreach efforts, Heather has performed seated massage at the Heartly House, a safe house for women and children who have been victims of abuse, domestic violence, rape and assault, and she continues to work with survivors today. In addition to her passion for sharing her healing skills as a bodywork professional, Heather also enjoys vocal expression as a singer, loves reading, taking long walks, and spending time with family and friends. Heather is licensed to practice massage in Maryland, is Nationally Certified and a member of the American Massage Therapy Association.



**Ian** is a graduate of the Virginia Learning Institute of Falls Church, VA (1999). He is Nationally Certified and is licensed in the state of Virginia. Ian has continued his education with studies in Ashiatsu and Thai Yoga Massage. Always happy and energetic Ian brings a unique combination of healing energy, skill, experience and intuition to his massage work. Each massage session is custom designed for the client and may contain any of these techniques: Swedish, Deep, Sport, Ashiatsu and Thai Yoga Massage, with the ultimate goal to promote health and well-being. When not in the massage room Ian enjoys swimming and biking.



**Ji-Young** graduated from the Heritage Institute in 2005.

However, her background and interest in massage started at a young age. Ji-Young grew up in South Korea where she studied martial arts and knowledge of muscle release to alleviate pain was an important part of her training. She continued to practice massage techniques as a hobby with friends while pursuing her undergraduate degree in education and graduate degree in linguistics at George Mason University. Ji is comfortable with Asian techniques of Anma and Shiatzu as well as western styles of Swedish and Sports massage. Although she may be tiny, don't let that fool you, her clients can tell you that her specialty is Deep Tissue work. Despite her extensive education Ji says she is happiest doing massage work because it is her nature to care for others. She believes that "Massage done by a skillful therapist who has a warm intension and care in their heart, can help anyone's body and mind be at peace." When she is not at work she enjoys salsa dancing, working out and helping with the family business.



**Joanne** is a Nationally Certified Massage Therapist, licensed in Maryland and Washington, DC. She is a member of ABMP and a graduate of the National Massage Therapy Institute. Her goal to her clients is to bring her unique sensitivity and care for their general well bring through the application of touch that is both relaxing and therapeutic. Joanne utilizes her intuition and client feedback to meet the needs of clients' alternation between the more relaxing strokes of the Swedish massage to the more focused work of Deep Tissue work. She is also a wife and full time mother of 2 teenage sons.



**Laura C.** is a Nationally Certified Massage Therapist and Yoga Instructor located and licensed in DC and VA. She brings over twelve years of Yoga and Massage experience and a lifetime of being a sports enthusiast to her work. Laura's experience in massage includes neuromuscular therapy techniques designed to rehabilitate injuries and correct postural issues, sports massage and spa techniques. She incorporates stretching and emphasizes strengthening for optimal health. Laura's Philosophy on Massage: As an integral part of healthy and conscious living, massage provides us with tools which lead us to an awareness of our bodies, a place to regenerate ourselves and feel renewed - Live fully and vibrantly.



**Michael** graduated from the Potomac Massage Training Institute in Washington, DC in 1978. He is a member of the American Massage Therapy Association. An artist and a sculptor, Michael is a craftsman with his hands, bringing a distinctively unique and sensitive perspective to the massage table. Michael's massage is a deep, thorough combination of traditional Swedish, Deep Tissue massage, and Acupressure points. He has experience and skill with both sports massage and stress reduction. Michael has been a premier therapist with Sport and Health working first at the Watergate Hotel, then Tenley and now at the Northwest Club.



**Nadine** is a Massage Therapist, Reflexologist and Reiki master.

Her goal is to connect with each client using her skills in the best combination to meet their individual wellness needs. Nadine follows her intuition and client feedback to flow between soft-energy relaxing work and a stronger more focused deep tissue approach. She is a good listener and expert technician so that the end result is always a revitalized, more relaxed client. Her soft, focused touch melts away stress and her deep caring offers a relaxing safe haven for her clients. Nadine is certified in Hot Stone Massage and is a graduate of the National Massage Institute and a member of the Association of Massage and Bodywork Professionals.



**Priit** is a graduate of the Potomac Myotherphy Institute with 500 hours of study and practice in basic massage therapy (1981) and another 500 hours of advanced massage therapy (1982). He is a member of the American Massage Therapy Association and holds licenses to practice massage in Maryland, the District of Columbia and Virginia. Priit has been providing massage services to members of Sport and Health since 1983. With over 26 years of experience he specializes in Deep Tissue massage and massage for athletes. Priit has an easy going attitude and a ready smile. He truly loves his work and looks forward to helping each client improve his or her wellbeing.



**Renee** is a Nationally Certified Massage Therapist. She graduated with honors from the National Massage Therapy Institute at the Wilmington, DE campus. She is also a member of the Associated Bodywork and Massage Professionals. Renee is licensed in the state of Virginia. She is skilled in Swedish and deep tissue massages and enjoys incorporating different techniques to benefit the client. She integrates years of knowledge gained from experience and education with her fine tuned skills of perception to yield a balanced massage session tailored to each client's specific needs. Renee uses her "intelligent touch" to locate the source of her client's pain and to deliver therapeutic relief. She believes that deep tissue doesn't have to be a painful experience to be effective, and truly therapeutic work begins with communication between the client and therapist. When not giving massage she enjoys shark tooth collecting, and stunt kite flying with her young daughter.



**Renato** graduated from the Heritage Institute of Massage in 2004. Upon graduation he began working with Washington Wellness, LLV at Sport and Health Clubs and quickly developed a loyal following of massage clients. His unique sensitivity enables him to fine tune and craft his massage work around their individual needs. His strong Deep Tissue work is what draws most clients to his table. This work is influenced by courses he has taken in Canadian Deep Tissue massage and Neuromuscular Therapy. Renato is equally skilled at delivering a calm relaxing Swedish massage. Renato is licensed in both Maryland and DC where he

has been working at the Bethesda, Tenley and Northwest Sport and Health Clubs. Renato lives in Maryland with his wife, son and daughter.



**Sandy** is a Certified Massage Therapist (CMT) specializing in Swedish, deep tissue and energetic massage. Her incorporation of energy modalities; Reiki, Jin Shin acupressure, and Quantum Touch with her intuitive understanding of the mind-body-spirit connection serve Sandy in assisting client's transform chronic tension and imbalances. Sandy is certified by the National Certification Board of Therapeutic Massage and Bodywork and by the Maryland Board of Chiropractic Examiners. She is a graduate of the Potomac Massage Therapy Training Institute (PMTI) in Washington, DC, and a member of the American Massage Therapy Association. She holds a Bachelor's degree from Penn State University and a Master's degree from the University of Michigan, both in healthcare administration.



**Vicki's** interest in massage therapy began in the 1970's as an athlete, dancer, coach and special education teacher. Over the years, her bodywork "hobby" developed with family and friends happily volunteering for practice sessions. Now, professionally qualified in a range of bodywork and energy techniques including; medical massage in oncology, massage for patients with breast cancer, lymphatic drainage, crainio-sacral therapy, crisis and trauma management,

facilitated stretching, Thai massage, reflexology and sports massage. Vicki has a thriving full-time therapeutic practice. With advanced training and published research in both cancer care and HIV/AIDS, her bodywork has a well-rounded foundation in conventional medicine which she integrates with holistic approach to well-being in mind, body and spirit. In addition to expanding her academic and research credentials, Vicki is an assistance coordinator of the Maryland Massage Emergency Response Team and an instructor of infant and prenatal massage. Vicki is a Nationally Certified Massage Therapist licensed in DE, DC and MD. She is a graduate of the Potomac Massage Therapy Institute and a member of the American Massage Therapy Association.



**Annette** is our only Certified Reflexologist. Reflexology is an ancient healing technique based on the concept that energy zones running throughout the body can be affected by massage and manipulation of the feet (and sometimes hands). Annette has a special gift for creating a peaceful healing experience. Her sessions are not massage. They are done with the client fully clothed, reclining on a massage table. Annette's work is a focus on the feet as creating a relaxing and stress-reducing experience.