

Stellar Massage

3659 Lorna Rd Ste 111, Hoover, AL, 35216

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In my practice of therapeutic massage and bodywork, I draw from the western tradition, incorporating knowledge of anatomy, physiology and pathology to address stress and soft tissue (muscle) pain. I supplement the massage with relaxing aromatherapy. While I regularly use a cream suited for people with allergies or sensitive skin, I can blend a custom cream or oil to enhance your massage experience, incorporating both Massage and Herbalism in a relaxing and therapeutic experience.

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