



Amy Granfors

MASSAGE THERAPIST

Professional Experience

MASSAGE THERAPIST

Massage LuXe - Irving, CA | March 2015 – Present

I provide a fully custom superior in-home therapeutic massage to assist in the management of pain, stress, injury, and everyday fatigue. I pride myself on a more clinical approach to bodywork that is fully tailored to each individual's needs. Using my extensive knowledge of industry-standard techniques, physiology, continued education and my years of experience, I combine various modalities to achieve long-lasting results that correct biomechanical imbalances within my scope of practice.

Provide clientele with an array of custom massages after determining the preferences of the individual and areas of discomfort in the body. Assess and devise treatment plans, dependent on expectations of results and areas of objective findings.

MASSAGE THERAPIST

Synergy Massage, Greater Los Angeles Area, CA | Sept 2013 - Feb 2015

- Established and maintained excellent client relationships ensure a higher number of repeat clientele
- Instructed clients in proper care and helped individuals take steps to improve or maintain their health.
- My responsibilities also included spa services, CPR, and aromatherapy.
- Sold gift cards and retail
- Maintain a clean and sterile treatment room
- Laundry cleaning

Contacts

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Summary

I'm a licensed massage therapist with education and experience in many types of physical and energetic bodywork, designed to address both the gross and subtle imbalances in the body. I possess a passion for helping others to release restrictions in the body, find physical and energetic balance, and achieve their health & wellness goals through a variety of modalities, positive thinking, and self-love. My goal is to empower people to become balanced, self-sufficient, spiritually fulfilled, and, ultimately, a positive influence in the world.

Skills

- Advanced Swedish Massage
- Deep Tissue Sculpting
- Traditional and Table Thai Massage
- Structural Bodywork
- Reflexology
- Trigger point therapy
- Myofascial release therapy
- Demonstrated a natural ability in assessing sessions according to clients' needs.

Education/Certificates

- Massage Therapy Certification (MT)
- National Holistic Institute
- CAMTC California Certified
- DORA Colorado License
- Reiki Master

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