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I do massage therapy with a variety of modalities.

The most frequently used techniques include the following:

- Myofascial Release: working on connective and soft tissue mobilization as a means to relieve pain and restore function.
- Biodynamic Cranio-Sacral Therapy: Acknowledgment of the healing power within the client allowing it to manifest without contrivance.
- Polarity Therapy: Balancing the life-force energies.
- Swedish: Primarily used for relaxation and stress reduction.
- Touch for Health: A method where muscle testing is used for balancing energy and strengthening weak muscles.
- Esoteric Healing: Perceiving, interpreting and balancing the human energy field by working with energy centers (Chakras) and the vital organs in the body.
- Body Talk: A system using the body's innate wisdom along with its breath, brain and heart to help the body heal itself.
- NST (Neurostructural Integration Technique®): The main goal of this technique is to remove pain and dysfunctional conditions by restoring the structural integrity of the body.