

About Us

Rick's education in Swedish massage took place at the Harold J. Reilly School of Massotherapy in Virginia Beach, Virginia. For his background in injury related work he attended the Muscular Therapy Institute in Cambridge, Mass. His scope of practice includes: general relaxation, deep tissue work, sports massage, area specific injury work, and pregnancy massage.

Rick's interest in bodywork came about after his first massage at the age of 24. The long lasting, beneficial effects on the quality of his life were real and measurable.

This led to physiological studies which provided solid reasons why one could receive bodywork and expect a reduction in pain, stress and anxiety, and an increase in patience, relaxation and an overall sense of well being.

For Rick, these attributes make therapeutic massage a vital form of balance, healing and self-exploration.

He's also available for those seeking the Benjamin Technique, sports related injury work, Cayce-Reilly massage, chair massage, or needing help with repetitive strain syndrome, whiplash and chronic neck and back pain.

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