

“Kit does a fantastic job! He is very conscious of what you desire/need and provides a very relaxing experience.”

“I first saw Kit last summer when I was having pretty severe lower back pain. After just one session it was 90% better! I continue to see him for maintenance and pain management as needed. The sessions are high quality and so helpful!”

“I see Kit regularly and consider his bodywork to be essential to my wellbeing and muscle health. He spends time with you to understand your pains and needs and then focuses on those areas. He fosters a comfortable atmosphere and every time I leave feeling like a different person. HIGHLY recommend.”

“Kit is a great listener and puts you at ease right away. He makes his own massage oil with a mix of essential oils that's out of this world. He can adapt his body work to meet your needs with just the right amount of pressure. As a distance runner, I'd been looking for the type of massage that would restore my legs and the body work he does is like magic.”

“Kit is amazing! He has been helping me get thru built up scar tissue from injuries and stress...along with getting my body the relief it needs from repetitive work. Thanks to my line of work I get to see him once a week.. and I look forward to it every time. He helps me feel comfortable and I trust him with his knowledge of the body. I have already recommended him to my family and friends.”

“I was dealing with residual pain and tightness from a torn rotator cuff injury. Kit's body work loosened my tightened back and shoulder muscles, and help me regain some of my range of motion. I keep coming back for massage work even though I'm mostly healed because the magic he worked. You couldn't go wrong with him.”

“I got a massage from Kit. I try to get frequent body work, but I have always felt some discomforts in my treatment as body image is concerned. I have struggled to feel an exchange of acceptance and healing in other massage experiences. Kit has a soothing energy, but is not at all "poser-namaste." You know exactly what I mean -- his zen is not forced or colonized. We joked, we were silent, we checked in. I felt that what mattered was my body, my experience, my comfort. He is up front to say, in lesser terms, TELL ME IF IT'S RIGHT -- TELL ME IF IT'S WRONG. He encouraged transparency in both our spoken communications as well as in the body work. I fell into an almost immediate meditative state under Kit's hands, a first-time experience for me. Very difficult to explain, but once we wrapped up, I felt light and high. Clear of mind, light on my feet, glowing from within. “