

# Our Licensed Massage Therapists



**J**ohn Arnett has been a LMT for over 29 years, starting out in his father's chiropractic office and continuing with ActiveLife Family Chiropractic for the past 20 years. His specialty is Sports and Deep Tissue massage and also practices Pranic Healing, Color Therapy and Matrix Energetics.



**L**isa Hannahs has been a LMT for over 25 years and has been with ALFC for over seven years. She specializes in Deep Tissue/Trigger Point and Neuromuscular Therapies. She also has advanced training in the areas of Sports Massage, Positional Release Techniques and is Certified in Pre & Post-Natal Massage, as well as Certified Infant Massage. She is also certified to provide the Aromatouch Therapy Technique using only Certified Pure Therapeutic Grade essential oils from doTERRA. These oils can be added to any treatment for maximum therapeutic benefits. She will soon offer Hot Stones to her specialties.



**T**oi Johnson has been a LMT and LST (LaStone therapist) for over nine years and with ALFC five years. She specializes in LaStone (hot/cold stone) therapy, which reduces muscular tension, promotes deep relaxation and reduces inflammation; Neuromuscular Therapy. She also provides pampering sessions which includes: LaStone Pedi Massage, LaStone Aroma Facial Massage and Aroma Body Wraps.



**M**ike Martin has been a LMT for over 12 years and has recently joined the ALFC family. He is skilled in Deep Tissue, Trigger Point and Neuromuscular Therapies as well as Sports Massage. He offers aromatherapy, which can be added to any treatment to enhance therapeutic benefits. He will soon add Hot Stone Massage for added relief of tense, sore muscles as well as Cold Stone Facial Massage for Sinus/Headache relief.

**Massage Gift  
Certificates Available!**

**ActiveLife Family Chiropractic offers ½ hour, 1 hour, and 1½ hour massages six days a week, with many available times to suit your schedule.**



ActiveLife Family Chiropractic Center  
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