

Therapists

Our Licensed Massage Therapists



John Arnett has been a LMT for over 25 years, starting out in his father's chiropractic office and continuing with ActiveLife Family Chiropractic for the past 18 years. His specialty is Sports and Deep Tissue massage and also practices Pranic Healing, Color Therapy and Matrix Energetics.



Debbie Henney has been a LMT for 18 years and has been with ALFC for more than 5 years. She specializes in CranioSacral, Neuromuscular and Lymphatic Drainage Therapies. She is also certified in Aromatouch Therapy and uses Certified Pure Therapeutic Grade doTERRA essential oils to enhance all therapies.



Gayle Coggins has been a LMT for over four years and has recently joined the ALFC family. She specializes in Swedish and Prenatal massage with experience in Trigger Point therapy.



Lisa Hannahs has been a LMT for over 20 years and has been with ALFC for over 5 years. She specializes in Deep Tissue/ Trigger Point and Neuromuscular Therapies. She also has advanced training in the areas of Sports Massage, Pregnancy Massage and Positional Release Techniques. She is 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.



Toi Johnson has been a LMT and LST (LaStone therapist) for over 4 years. She has been with ALFC for over 3 years. She specializes in LaStone (hot/cold stone) therapy, Deep Tissue & Trigger Point therapy. She also provides pampering massage sessions that can be added to your therapeutic session which include: Vanillamint LaStone Pedi Massage, LaStone Aroma Facial Massage and Relaxed Induced Aroma Body Wraps, Aromatherapy and LaStone Massage.

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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