

## Massage Therapists

The fitness center contracts with several massage therapists to provide relaxation and restorative services in the massage room. Please contact the fitness center to learn more about the therapists and how to set up an appointment by calling 540-443-3474.

### Luci Merlo, RN, CMT, CLT

Luci offers massage, lymphatic therapy, and movement education (*The Trager® Approach* and *Ai Chi*) at *The Center for Creative Change* and *Warm Hearth Village* in Blacksburg, VA. She is a graduate of Virginia Tech (health ed/exercise science) , Radford University (nursing), and The Virginia School of Massage/ Charlottesville. With strong experience in rehabilitation and health education, Luci helps her clients place their massage and movement therapy within a total health plan. She serves clients dealing with complex medical conditions as well as individuals pursuing basic wellness.

Contact Luci at [luciamerlo@aol.com](mailto:luciamerlo@aol.com) for more information or to schedule an appointment.

### Ellen Green, Certified Massage Therapist

Ellen has been a practicing massage therapist for thirty years. She grew up on the coast of New England where she developed her lifelong passions for swimming and sailing. She moved to Ann Arbor, Michigan where she received her BGS degree from the University of Michigan. While in Michigan, Ellen also attended and graduated from two different schools of massage. She is trained in multiple modalities and integrates the various techniques in both her therapeutic and relaxation messages.

Call 540-951-4212 for more information or to schedule an appointment.

### Antonia Aguiar (Toni)

Bachelor of Arts Degree in Theater Arts Dance from University of California, Santa Cruz, 1987

Massage Practitioner & Therapeutic Bodyworker since 1992

Physical Therapist Assistant since 1995

Aquatic Physical Therapy & Fitness Instructor (10+ years of experience)

Toni is a rehabilitation specialist with over two decades of experience in physical therapy, therapeutic bodywork, exercise and aquatic fitness instruction. She has worked with a wide range of clients and conditions, specializing in chronic pain, soft tissue injuries, orthopedic & sports-related injuries, women's health, pelvic pain, as well as providing bodywork for stress relief and gentle relaxation. Toni is qualified to work with individuals who have medical conditions, are recovering from surgery, have had

joint replacements or are living with chronic health issues. She is dedicated to helping clients improve the quality of their life through focused bodywork that facilitates wellness by reducing soft tissue restrictions and by correcting muscle dysfunction to promote healing, reduce pain and increase functional mobility. Toni has extensive training in a variety of manual techniques including NKT (NeuroKinetic Therapy), Deep Tissue, Myofascial Release, CranioSacral Therapy and Lymphatic Drainage.

**For more information or to schedule an appointment contact Toni at**

**540-818-6188 or [healingwithbodywork@gmail.com](mailto:healingwithbodywork@gmail.com).**