

## **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.**

### **Lora Leigh Giessler LMT, TLAP, REAT (in process)**

Lora Leigh is a certified massage, and somatic movement and expressive arts therapist /educator with 25 years of combined experience in the field of mind, body, spirit healing arts. She received her Jin Shou Tuina™ massage and CranioSacral therapy training through the North American Tang Shou Tao Association (NATSTA). Her initial training was completed in 2010 and as a member of NATSTA she continues to study and research Chinese medical and martial arts with senior practitioners within her gongfu family. Jin Shou Tuina™ is the method of tuina practiced and taught exclusively by the North American Tang Shou Tao Association. Diagnosis and treatment are based in the tenets of Traditional Chinese medicine. Manual therapy techniques range from very soft energetic work to deep and vigorous manipulation to appropriately affect soft tissue, structural alignment and the meridian systems. Adjunctive therapies such as moxibustion, cupping and external herbal applications are also utilized as needed. Therapeutic exercises are recommended to support the treatment plan. The bodywork is performed with the client wearing loose comfortable clothing.

As a life long learner, Lora Leigh recently completed a continuing education course in Palliative Massage to better support the hospice patient she cared for during the isolated days of the Covid pandemic. Additionally, following the directive of Dr. Vince Black, master teacher and founder of NATSTA, she is currently training with the National Acupuncture Detoxification Association (NADA) to become an AcuDetox Specialist.

**If you would like to schedule an appointment or if you have questions and would like more information, contact Lora Leigh at [loraleighgiessler@gmail.com](mailto:loraleighgiessler@gmail.com)**