



## REFERRALS FOR MASSAGE

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For online version: <https://www.massageministration.com/blog/retirement>

For those of you who like orthobionomy, **Carole Poffinbarger** is an advanced orthobionomy practitioner and instructor. She is in Hamilton. She knows I'm retiring, so let her know you're my client. She is delightful and may know of others who've taken classes in orthobionomy but who aren't certified yet who may be practicing closer to you. Carole is at

2928 Hamilton Scipio Rd.  
Hamilton, Ohio 45013  
(513) 325-0478

**Janice Vell**, <https://www.yourhealingsolution.com> is one of the foremost cranio-sacral therapists in the area. She teaches other cranio-sacral practitioners. She also does neuromuscular techniques, of which orthobionomy is one. Cranio-sacral therapy is imperative for those who suffer from headaches. She's a bit of a drive, but check her out.

800 Compton Road, Unit 24  
Cincinnati, OH 45231  
[513.521.5333](tel:513.521.5333) ext. 128  
[janice@yourhealingsolution.com](mailto:janice@yourhealingsolution.com)

**Gary Johnson** is a myofascial release therapist whose office is in with the Headache Center of Hope on Thursday and Fridays near Jewish Hospital area. Gary was a physical therapist who went on to study myofascial release and is also certified in abdominal massage. He not only knows his stuff; he also works intuitively according to what he perceives your body needs and can help you unwind deep layers of hurt physically and emotionally.

4565 E Galbraith Rd  
Cincinnati OH 45236  
(513) 301-7193

**Brandy Foreman** is in Maineville. She is worth the beautiful drive. Uber-smart and intuitively sensitive, she follows what the body tells her is needed with a variety of techniques. Also a SHI graduate, she's taught there and mentored many students. She owns her own practice:

Clinical Massage and Wellness  
62 W. Foster-Maineville Rd., Suite 1C  
Maineville OH  
513) 520-1100

**Melissa Salchli** is a SHI grad who tailors massage to your needs. She does wonders with your neck. She also does lymphatic drainage and cancer massage and has a great touch for a Swedish massage. She's at Motion Therapeutic Massage at the corner of Stanley Ave. and Columbia

347 Stanley Ave., Suite 2  
Cincinnati, OH 45226  
513-703-3697  
[melissa@motionTMB.com](mailto:melissa@motionTMB.com)

**Robert Repasky** does a form of gentle Thai massage, which seeks to align your joints. He's also certified in cancer massage. He's also worth the drive. His office is in the same building as Hutchinson Chiropractic  
4444 Dixie Hwy  
Erlanger KY  
(513) 505-5737 call or text

**Medical Massage Associates** offers easy online scheduling. Both Amy and Amber are good. Both are SHI graduates. Amber works more in the Swedish massage tradition. Their office is on Beechmont Ave. in Anderson across from the Target/Big Lots shopping centers. I think they have a new therapist there now, too, but I don't know him.

8595 Beechmont Ave  
Cincinnati OH 45245  
(513) 752-1663

**Jessica or Cindy at Elements** on Beechmont Blvd. may suit your needs if you like a relaxing Swedish massage with attention to trouble spots. Jessica is just starting out, but she impressed me with her attention to my own hip that improved greatly after she worked on it. She will continue to grow and get better. She is the one who recommended booking with Cindy who's a lead therapist there.

[Elements Massage](#)

7753 Beechmont Ave., Suite 100  
Cincinnati, OH 45255  
[\(513\) 306-4573](tel:5133064573)

I've also seen Sandie Brock at **Equilibrium3**, a practice devoted to holistic massage that includes the more spiritual dimension of massage. But Sandie retired during the pandemic. The other massage therapists, Beth or Robbie, may be good for you if you're interested in holistic medical massage that considers the deeper emotional/spiritual nature of massage. I just haven't had a massage from them, but they're worth a try.

Equilibrium3

3440 Edwards Road  
Cincinnati, OH 45208

Go to [www.Equilibrium3.com](http://www.Equilibrium3.com) to read more about each of the therapists and for their contact information.

**Chrisanthi Fekkos** blends Swedish, myofascial release and craniosacral therapies into her sessions, like I do, to create a massage tailored for your needs. She works out of

[Thrive Chiropractic Center:](#)

Thrive Massage Therapy

+1 (513) 722-5072  
3069 Madison Rd.  
Cincinnati OH

*If you need a good chiropractor, I highly recommend seeing **Dr. Jessica Kowalski at Mt. Lookout Chiropractic**. She is gentle and smart and has helped me personally as well as many of my clients. I started seeing her after one of my clients started doing so much better after going to her that I decided to check her out. I appreciate her wisdom and compassion.*

## **Mt. Lookout Chiropractic's Recommended Massage Therapists**

I do not have any experience with the following massage therapists personally, but Mt. Lookout Chiropractic recommends the following, whom you might try. I've included what I found out about each of them with a bit of online research:

**Lee Caldwell** at Healing Hands Therapeutic Massage in Hyde Park, 513-257-5952. A graduate of SHI, Lee specializes in deep tissue, Swedish and sports massage and is certified in cranio-sacral therapy. She enjoys working with issues in the head, neck and shoulder areas.

**Katie Baker** in Blue Ash specializes in deep tissue massage, medical massage, sports massage, Swedish massage and aromatherapy massage. Her massage is focused on reducing pain from chronic medical conditions and injuries. Call or text 513- 300-2279.

**Carla Drury** at Precision Healing, Mt. Lookout, 513-218-1152.

Her website says, "Precision Healing Massage strives to provide you a vibrant continual sense of well-being. Your massage therapy will be tailored to suit your unique needs. A balanced approach blending both relaxation and medical massage will be used to create a therapeutic experience. . . . Licensed massage therapist, Carla Drury, is trained in neuromuscular therapy and orthopedic assessment. She uses her clinical problem-solving skills and vast knowledge of functional anatomy to pinpoint the cause of painful muscle problems. Her primary focus is on pain relief and correcting muscle imbalances."

**Jason & Lynda Imholte** The Massage Studio, Hyde Park, 513-7813. Their website is mostly about monthly financial plans without much other information.

**Mark LaMeier** Eden Park, 513-328-3335. I do not know Mark personally, but I know of him through mutual friends. He, too, is an SHI graduate with a reputation for being a good massage therapist.

**Onnie Martinez** at The Garage Massage Therapy and Bodywork, Madeira, 513-235-0566. A graduate of SHI, her specialties include sports massage, deep tissue massage, trigger point therapy, cupping therapy, and neuromuscular therapy. If you like a deeper massage for problem areas, check Onnie out.

**Jeanne Miller** does therapeutic massage, spiritual counseling, and breathwork, Norwood, 513-351-7551. Jeanne is a licensed massage therapist and New Age spiritual

counselor who's also trained as an intuitive healer in the Edgar Cayce tradition. She's trained in rebirthing and has more extensive education in polarity therapy than I have. Polarity therapy is about helping the body rebalance its energies. She also appreciates the honor of working with those recovering from trauma.

**Kevin O'Melia**, Next Step Therapeutics, East Hyde Park, 513-655-7170. An SHI grad, Kevin specializes in neural reset therapy, which, like orthobionomy, utilizes the nervous system to "reboot" muscles allowing for a change in both pain and tension to occur.

**Sue Pogue**, Mt. Lookout, 513-236-3408. Sue specializes in neuromuscular release therapy combined with relaxation massage.

**Emily Seibel**, The Zen Escape, Mt. Lookout, 513-262-8157. Emily is a recent graduate of Cincinnati School of Medical Massage. She says this: "My clients are not just a number in my day, they are human beings and I care so much for my clients. I make note of how their mood is and where their body is giving them trouble. I follow up the day after a massage to check-in and remind them to stay hydrated. I really enjoy using my anatomy guidebook to help answer questions clients might have regarding certain muscles. It provides my client an opportunity to show me exactly where they are experiencing discomfort and allows me to practice more efficiently as a massage therapist."

**Libby Sickle**, Columbia Tusculum, 513-325-2580. Libby is a SHI graduate who specializes in massage for pain and stress management. She also offers TMJ massage.

The following therapists are on Mt. Lookout's list, but I couldn't find any information about them online:

- **Kate Allwein**, Madisonville, 513-348-6088
- **Silvia Barrie**, Beechmont/Amelia, 513-313-5730.
- **Felicia Bush**, Eden Park, 513-307-0462.
- **Racheal Bernstein**, Eden Park, 513-207-7058
- **Steve Brodbeck**, Kenwood, 513-910-5543
- **Felicia Bush**, Eden Park, 513-307-0462
- **Pamela Daniels**, Hyde Park, 513-460-4259
- **Samirah Dewberry**, Eden Park, 513-283-6729
- **Melita Dubach**, Mt. Lookout Square, 513-313-0721
- **Beckie Faircloth**, Eden Park, 513-375-0459
- **Mandi Lintz**, Hyde Park Square, 513-919-3128
- **Laura Murphy**, Eden Park / East Walnut Hills and Montgomery, 513-501-5316,
- **David Riemer**, Delta Ave. Kneading to Unwind  
[kneadingtounwind@yahoo.com](mailto:kneadingtounwind@yahoo.com), 513-207-4491
- **Cathy Tellez**, Anderson, 513-378-6613
- **Tracy Winger**, Anderson, 513-314-9210

Go ahead and start the process of looking. Most therapists are booking well into September at this point, so I urge you to go ahead and schedule your October massage now. I suggest that you make appointments with a few of these therapists to see which you'd like to continue with at this point. But I do hope that you will continue your healing journey because you are very precious and deserve to feel good.

Thank you for the profound honor of accompanying you on your healing journey during the time we've had together. I will miss you more than I can articulate at this point, so I will simply leave with prayer for your *shalom* and

Blessings,  
Teresa