

Meet Our Massage Therapist, Jennifer Butterwick

Jennifer Butterwick is a mindful massage therapist whose approach is deeper than merely helping people relax and feel great. Beyond the instant stress-busting benefits of a Swedish massage, it's Jennifer's mission to help her clients re-educate the body so that muscular stress patterns aren't simply alleviated in the short term.

Her approach is holistic, integrating massage modalities to best suit her individual clients' health care goals. Jennifer's treatments inspire a profound sense of well-being that is carried to all aspects of life, encouraging awareness, positivity and on-going self-care. Her philosophy is that the art and science of massage therapy dovetail to become true health care that everyone deserves.

Jennifer graduated from the Massage Therapy Institute of Missouri in 2006 and has since practiced in both clinical and wellness spa environments. She specializes in myofascial release, Swedish massage, deep tissue massage, reflexology, and prenatal massage. Being passionate about helping moms-to-be find joy and alleviate anxiety and discomfort that may accompany pregnancy, she received her pre and peri-natal massage certification from renowned teacher, [Carole Osborne-Sheets](#) in 2007.



Jennifer Butterwick, LMT