

Massage Therapy

Evidence-based Practices that Promote Well-Being



Massage therapy is as old as touch itself, and has been a wellness practice since humans first understood that our ability to comfort each other is literally in the palm of our hands. Today's massage therapy uses evidence-informed practices and education to work with the client in the context of their entire plan of care. In addition to traditional therapeutic massage, there are two specialty options available:

Oncology Massage:

Oncology massage is the adaptation of massage techniques to address specific challenges of cancer treatment, and long-term changes resulting from past treatment.

Manual Lymphatic Drainage (MLD):

MLD is a gentle massage technique which works with the lymphatic system to move waste out of the body. In an MLD session, the skin is moved in a specific direction and a specific order which has been proven to encourage lymphatic flow.






Meet Our Instructor

Rebecca Sturgeon

"Our bodies are our home, not separate or removed from our mind and spirit. My purpose in life is to support other humans in finding comfort, acceptance, and wellness in their home, just as it is, right in this moment."

Sign-Up Today!

-  Massage Therapy Available
Every Friday, 12:00 pm - 5:00 pm
-  Two Specializations Offered
Have questions about our specializations? Contact us!
-  Register at:
www.tragerinstitute.org/massage-therapy



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Call 502-588-4340 or visit www.tragerinstitute.org/massage-therapy to register for an upcoming Massage Therapy Sessions