

Lérida's Bio

About Me

Lérida is a Licensed Massage Therapist (LMT) and a bilingual (English and Spanish) professional with over 7 years of experience. She is certified as a Medical Massage Practitioner (MMP) by the Medical Massage Academy. She specializes in helping military personnel, veterans, athletes, and individuals with chronic pain regain mobility, relieve discomfort, and achieve lasting well-being.

Advanced Techniques

Her practice includes a variety of advanced techniques such as:

- Reflexology
- Cupping
- Hot stones
- Thai massage
- Prenatal massage
- Total Body Stretch
- Bamboo massage
- Body scrubs

She provides comprehensive and personalized care, with the flexibility to travel wherever her clients need her.

Professional Experience

As an LMT, Lérida has dedicated over 11,000 hours to hands-on therapy, consistently achieving results that significantly improve her clients' quality of life. For the past four years, she has been working in the spa division of the Hyatt hotel chain, gaining extensive experience serving a diverse clientele with high standards for professionalism and quality care.

Currently, she offers her services at the Gruber Fitness Center, where she has been proudly serving the military community in Leavenworth, KS, for the past five years.

My Vision

"Massage is a restorative tool for both the body and mind. By calming the nervous system, relaxing muscles, and improving blood circulation, it provides a reparative action to the entire body while enhancing psychological well-being. My goal is to provide a space for care and transformation, empowering people to reclaim their lives with renewed energy, confidence, and lasting well-being, one session at a time. I am deeply committed to achieving these benefits for every person my hands touch."