



*Sierra Sport and Racquet Club Welcomes Massage Therapist*

*Heather Benkosky, CMT*

*License Number: 55583*

*Heather has an outstanding 14+ years of experience in massage and body work. She provides soft tissue massages as well as muscular rehabilitation of chronic and pre-existing injuries. Heather provides a variety of massage techniques and an immense variety of modalities.*

***Treatments and Modalities include:***

*-Swedish, Deep Tissue and Sports, Medical Massage, Acupressure, Shiatsu, Reiki, Reflexology, Hot/Cold Therapy, Hydro/Whirlpool Therapy, Micro Current/Electric Stimulation, Cold Laser, Light Therapy, Sound/Vibration Therapy, Body Scrubs, and Detoxify Wraps.*

*In addition, Heather offers individualized treatments to relieve discomfort, and sore muscles. With her Professional and positive attitude Heather's main objective is to uphold the overall wellbeing for each of her clients.*

*If you are interested in scheduling a session with her please contact her via email or telephone.*

*Email: [Heather.Benkosky11@gmail.com](mailto:Heather.Benkosky11@gmail.com)*

*Phone: (559) 906-0081*

