

PRINCETON CLUB

"we're committed to you"

MASSAGE Therapy

LISA Venden

Lisa is a Nationally Certified and state licensed Massage Therapist. Also a member of A.C.E, (American Council on Exercise). Providing soothing and relaxing massage with a variety of different techniques for individuals who need to release stress. Utilizing gentle, non-intrusive and natural movements. "I enjoy working with athletes and injury via modalities such as sports massage, deep tissue and neuromuscular therapy. The power of touch can be absolutely amazing!. It is rewarding to see people I have worked with reach optimum performance while rehabilitating before and after an injury. The body is an outstanding gift we should not take for granted." As a Massage Therapist and Personal Trainer, I strive to make a positive influence on my client's ability to nurture their bodies.

Daren Pagenkopf

Daren Pagenkopf specializes in both gentle relaxation and therapeutic/deep tissue work utilizing site specific, deep tissue, sports, stone therapy, and Swedish massage techniques. He is a Nationally Certified and State Licensed Massage Therapist with massage and aesthetic experience working at the Hyatt Regency Stillwater Spa in Lake Tahoe and ANIU/Salon 2000. Daren continues to further his education by attending trainings to address stress relief, relaxation, muscle tension, and pain relief including over 50 hours of in-depth training in the therapeutic use of warm and cool stones. Daren enjoys using his experience and thorough knowledge of Anatomy & Physiology, Kinesiology and Body Structure to customize a treatment plan to address the specific needs of the individual and their body.