

PRINCETON CLUB *"we're committed to you"*

MASSAGE Therapy

Judith Rasmussen

Judith Rasmussen specializes in both gentle and deep-tissue Swedish massage for relaxation, pain management, and tension relief. In addition, she has training in CranioSacral Therapy(CST), which is a gentle hands-on technique for releasing restrictions in the body and complementing its natural healing processes. CST is effective for a wide range of problems associated with pain(including migraines), chronic neck and back pain, stress and tension, fibromyalgia, and PTSD. Judith is a nationally certified and Wisconsin-Registered massage therapist who has been in practice for over five years. She also holds a Master's degree in social work, which gives her the background to help clients work through issues arising from emotional and physical trauma. She is a professional member of the American Massage Therapy Association.

Gretta Neff

Gretta Neff is a graduate of Madison's Lakeside School of Massage Therapy and practices a blend of Swedish, Connective Tissue, and Eastern massage techniques. Her specialty is deep tissue therapeutic massage for the relief of pain and discomfort for the whole body. Gretta works together with her clients toward pain prevention in helping them understand the sources and potential causes of their discomfort. Gretta is a member of the American Massage Therapy Association.