

CHRISTY BLOHM

Christy is a native Montana girl and returns to Mountain Sky for her fourth season. Living a life of adventure and travel, she is ecstatic to call Paradise Valley home. Her wellness background stems from a fascination with all things anatomy. Seeking a holistic approach to health & wellbeing, Christy began her study of body work leading into massage therapy and the wonderful results available. She is a Licensed Massage Therapist (LMT) and a certified Open Source yoga teacher.

When not giving the gift of massage, Christy spends time on her bicycle, kayaking & rafting scenic rivers & lakes, and hiking the surrounding mountains. She also enjoys yoga, gardening, good food & music.

THERAPEUTIC MASSAGE (\$100 for 60 minutes or \$150 for 90 minutes)

Drawing from a plethora of modalities, let Christy's intuitive touch stimulate your parasympathetic nervous system to allow your body to release muscular tension and wake up long held patterns. Swedish massage strokes, combined with trigger point, deep tissue and myofascial release. Chinese cupping and the art of Gua Sha aka 'scraping', utilized when appropriate.

RELAXATION MASSAGE (\$100 for 60 minutes or \$150 for 90 minutes)

Get ready to unwind & relax after a day in the saddle or on the trail! Utilizing a variety of Swedish massage strokes, Chinese 'Tui Na', and Thai massage, feel tension & muscle tightness melt away. Highgrade essential oils available.