

Gregory Babiak AS, LMT, ACMT, RRT, CPFT

Custom/Specialized Massage: Sports - Deep Tissue - Therapeutic - Relaxation – Bamboo/Rattan – Trigger Point – PNF Stretching - Myofascial Release – Headaches – TMJ – ART Style - Maintenance and more. --

As a licensed and ABMP certified Massage Therapist, I believe in a “positive lifestyle change”.

With over 38 years of medical experience as a Respiratory Therapist in critical care and rehabilitative medicine, I use my combined experience with massage to help my clients feel better.

As a past amateur triathlete, I appreciate and work with “multisport” amateur, pro, and elite athletes in trouble shooting, maintenance and rehabilitative work, key elements in keeping one training and racing at peak performance. I believe that massage is critical to a “Train Smart, Feel Better, and Race Faster” philosophy, while honing individualized self-care techniques to enhance personal performance.

With spa, chiropractic, and physical therapy massage experience, I bring quite a “unique” experience, specialized and personal touch through various modalities for a combined goal of wellness and client tolerance.

Believing in the foundation of education, I extend my knowledge and studies to teaching as well as sitting on the board for Massage Therapy at a local college.

“Massage is not a one-time fix”, it is a therapy like any other, that needs to be repeated to experience its true benefit.

My promise to you is this: “I never said it was going to be easy, but when you get on that table, we will work together as a team to make you stronger”. I am here for the duration, if you can stay the course.

I look forward to working a personalized program with each and every client as well as achieving individualized set goals.