

Milestones Resilience Care

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Massage Therapy

Past traumatic experiences often manifest in the body as physical tension and pain. Massage therapy can help to release this tension and reduce pain, providing a sense of physical relief. It can also help to reduce stress and promote relaxation, which is essential for someone who is dealing with the ongoing effects of trauma.



Dawn Ramsden, Licensed Massage and Bodywork Therapist

Massage therapist, Dawn Ramsden, has specialized training working with trauma survivors. She offers a variety of massage techniques, including deep pressure, myofascial release, and acupressure, as well as advanced therapies like kinesiology taping and hot stone therapy. Dawn believes that pain and stress can lead to more problems and aims to provide a healing experience to help clients move forward. She has over 25-years experience.



Robin Vidmar, Licensed Massage and Neuromuscular Therapist

Robin Vidmar is an experienced massage therapist with specialized training in working with trauma survivors. She believes that massage can help with physical, mental, emotional, and spiritual health, and offers a range of techniques including neuromuscular therapy, massage cupping, and craniosacral therapy. Robin aims to support her clients in achieving their health goals, which can range from relaxation to releasing past trauma.

To learn more about massage, better understand how massage can play a role in your healing journey, or to schedule an appointment, you can contact Milestones Resilience Care at 719-255-6453.