

Milestones Resilience Care

4863 N. Nevada Avenue, Suite 421
Colorado Springs, CO 80918
719-255-6453



Massage Therapy

Traumatic experiences from the past often show up in the body as physical pain and tension. Massage therapy can alleviate this tightness and decrease pain, bringing a sense of physical comfort. It also helps to relieve stress and encourages relaxation, which is crucial for someone coping with the lasting impacts of trauma.



Megan Meyer, Licensed Massage and Bodywork Therapist

Megan Meyer is a Licensed Massage Therapist with over 10 years of experience, dedicated to enhancing full-body wellness by supporting the nervous system and integrating a trauma-informed approach. Megan's practice is grounded in creating a nurturing, safe space that enables her clients to deeply relax and heal. By working closely with her clients, Megan seeks to address both physical tension and emotional stress, understanding that a holistic approach is key to long-lasting wellness.

Her specialized techniques include Swedish Massage, Deep Tissue Therapy, Myofascial Release, Structural Dynamics, and Craniosacral Therapy, which she tailors to meet each client's unique needs. Megan combines these techniques to promote relaxation and targeted therapeutic effects, helping clients release deep-seated tension, improve mobility, and restore balance to the body.

Clients appreciate Megan's calm, grounded energy, which fosters a comfortable and supportive environment for healing. With a compassionate approach, she empowers clients to connect more deeply with their own bodies, helping them cultivate resilience and well-being beyond the massage session. Megan is particularly attuned to clients with histories of trauma or high stress, offering a gentle, intuitive touch that encourages trust and transformation. Whether addressing physical pain, emotional strain, or the need for overall wellness, Megan's thoughtful and individualized approach has made her a trusted partner in her clients' health journeys.

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.