

Milestones Resilience Care

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



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.



Robin Vidmar, Licensed Massage and Neuromuscular Therapist

Robin Vidmar is a highly experienced and compassionate massage therapist with extensive training in working with trauma survivors and individuals navigating complex health challenges. With a deep understanding of how trauma can be stored in the body, Robin creates a safe, calming space where clients can begin to unwind physical tension and access deeper layers of healing. She views massage therapy as a holistic tool that supports not only the physical body but also contributes to mental, emotional, and spiritual well-being.

Robin offers a diverse array of therapeutic techniques tailored to the unique needs of each client. Her skillset includes neuromuscular therapy to address chronic pain and muscular imbalances, massage cupping to improve circulation and reduce inflammation, and craniosacral therapy to gently calm the nervous system and support deep healing. Robin's integrative approach allows her to adapt each session, whether the client is seeking stress relief, pain management, or a safe way to begin processing and releasing stored 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.