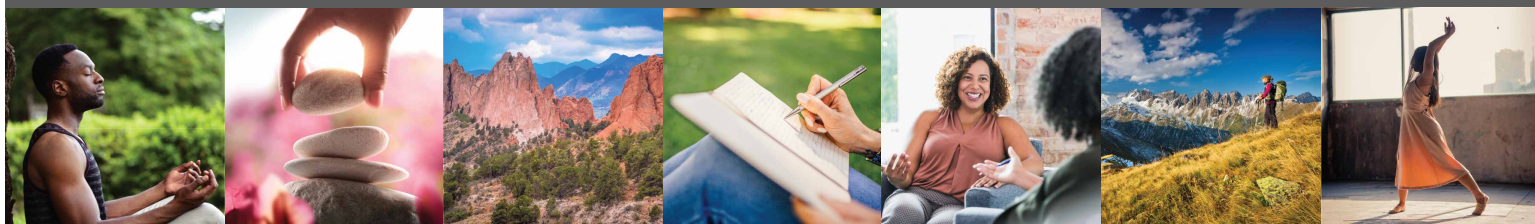


Milestones Resilience Care

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.



Kim Saenz, Licensed Massage and Neuromuscular Therapist

Kimberly has more than 17 years of experience in massage therapy and bodywork. She began her professional training in 2008 at the American Institute for Massage Therapy, completing 1,029 hours of foundational massage therapy education. She has since pursued continuing education in prenatal massage, oncology massage, reflexology, and manual lymphatic drainage.

During her career, Kimberly participated in Greet The Day, a program designed to support individuals undergoing cancer treatment or in remission. Through this program, clients received massage therapy, meditation, yoga, and meals at the resort spa where Kimberly worked full time.

Currently, Kimberly serves individuals with disabilities, Veterans, and families throughout the Colorado Springs area. Her specialties include therapeutic massage, oncology massage, prenatal massage, reflexology, and manual lymphatic drainage.

Kimberly is deeply committed to supporting the well-being of her clients in mind, body, and spirit. She approaches each individual with energetic awareness and a grounded, nature-based calm, with a focus on nurturing and regulating the nervous system.

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.