



The Science of Touch: Unlocking the Health Benefits of Massage

JAYMI BUCHANAN –

*I invite you to come see me
for a massage!*

EDUCATION

- Jaymi graduated in July 2021 with her license to practice Massage Therapy after apprenticing through the state of Utah under an instructor. Jaymi specializes in deep tissue, medical massage, and lymphatic massage. She is Board Certified in Therapeutic Massage & Bodywork and is a Certified Lymphedema Therapist.
- For Jaymi, no massage is the same. Jaymi strives to listen to each client's needs and concerns to best fix and adjust them. Jaymi loves to share her work with others, as massage work has been very beneficial in her own life.
- Jaymi loves being active and doing things outdoors such as fishing with her dad, hiking with her dogs, and kayaking with her family. Jaymi is also a dancer and continues to teach a few classes.

PASSION

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REFERENCES

MountainLand Physical Therapy ... 435-767-9094
Her company is Black Rock Massage.



St George, UT



435-256-7517



jaymibuchanan@yahoo.com



<https://www.mlpt.com/stgeorge-sunriver/>

Massage Therapy

Our goal is not only to address the immediate needs of our patients but also to empower them with the knowledge and tools necessary for long-term health and wellness. Whether recovering from surgery, managing a chronic condition, or improving overall physical health, our team is here to provide comprehensive and compassionate care.