

# ALLISON LINDSAY

Allison completed her training in massage therapy at National Massage Therapy Institute in Falls Church, VA in 2008 and is nationally certified by the National Certification Board for Therapeutic Massage & Bodywork. Prior to her study of massage therapy, she earned her Bachelors Degree in Athletic Training at the University of Delaware in 2003 and a Master of Science in Exercise Science at the George Washington University in Washington, DC in 2005. Allison's background in sports medicine and exercise science gives her a unique understanding of your needs as an active person.

Allison tailors each massage to your needs and believes that communication is the key to a great massage. Whether you're starting a new training goal, coming off of a big race or just need to relax, Allison will work with you to create the most effective and enjoyable massage experience possible.

Allison recently relocated to Fort Collins from Arlington, VA and looks forward to exploring her new community and meeting some great people. Don't be shy- try a massage with Allison today!

