



6 massage and bodywork therapists set up shop in Pittsboro

By Amy Barefoot

If you're tired, run down or just feeling a little off, one of the six bodywork therapists of the new Holistic Body Alliance (www.holisticbodyalliance.com) has the experience and the knowledge that will match your needs and get you feeling better in no time.

At the beginning of August, the Holistic Body Alliance set up shop in multiple rooms of the Nooe Building at 224 East Street in Pittsboro. Although the alliance is made up of six licensed massage and bodywork therapists, their practices are very much individual.

What brings them together is their extensive training at the Body Therapy Institute in Silk Hope, N.C. and a shared belief that everyone should feel comfortable in their own skin. They also strongly believe in the connection between the body, mind and spirit.

Through their shared training at the Body Therapy Institute, they all practice the concept of Unconditional Positive Regard, which is the intent to extend non-judgment or a present-centered awareness to themselves and their clients through meaningful contact.

Despite the fact the therapists all work individually, they don't see themselves as competitors. "If I sense that one of my clients can benefit from the work of another therapist in the building then I absolutely will refer the client to the other therapist with the intention the client will benefit from that different modality or method than what is in my scope of practice," said Bonnie Barrow.

The massage and bodywork therapists that make up the Holistic Body Alliance are:

Patricia Barner (Licensed Massage and Bodywork Therapist #5335)

Barner is the student advisor at the Body Therapy Institute as well as a therapeutic massage practitioner offering traditional Swedish and myofascial massage techniques. She holds a Certification in Medical Massage, which is a condition-specific, focused treatment. She is also a Certified Somatic Coach, meaning she works through the body to help clients develop a greater capacity to hold emotions and daily stresses. Barner can be reached at 919.548.4342 for more information or to schedule an appointment.

Bonnie Barrow (LMBT #6679)

Barrow has been licensed since 2006 and offers therapeutic, Swedish and deep tissue massages as well as couples massages with fellow alliance member Cindra Kerscher. Barrow schedules appointments Monday through Saturday from 9 a.m. to 6 p.m. She can be contacted at 919.260.9246. For more information on pricing and service descriptions, visit www.bonniebarrow.com.

Jaime Chandra (RYT, LMBT #7777)

In addition to being a licensed massage and bodywork therapist, Jaime Chandra is a registered yoga teacher. She offers hot stone massage, Swedish relaxation massage, myofascial release/deep tissue bodywork, Thai yoga massage and aromatherapy. For

more information on pricing, scheduling appointments and service descriptions, she can be contacted at 919.533.8058 or through her web site at www.jaimechandra.com.

Cindra Kerscher (LMBT #6940)

Kerscher is a member of the American Massage Therapy Association and is trained in Swedish, myofascial/deep tissue and spa modalities including aroma-massage and hot stones. Kerscher works with adults, teens, seniors and couples. She schedules appointments Sunday through Saturday from 8:30 a.m. to 7:30 p.m. She can be contacted at 919.444.4141 for more information on pricing and service descriptions.

KimLien LaFitte (LMBT #6058)

LaFitte is a Practitioner of Structural Integration, which means she focuses on the connective tissue of the body. It is a combination of the therapist working with their hands while the client engages in movement. In addition to being a licensed massage and bodywork therapist and certified in Kinesis Myofascial Integration (a series of custom designed structural integration sessions), LaFitte is an instructor at the Body Therapy Institute. She can be reached at 919.491.2644 or through her website at www.lafitteSI.com for more information on pricing, appointment hours and service descriptions.

Dee Tarantino (LMBT #6104)

Tarantino offers customized massages to meet specific needs, which can include Swedish, myofascial, deep tissue, energy work or hot stones. She is also certified in neck/shoulder release and cranial unwind. Tarantino can be contacted at 919.542.1557 or 919.260.1740. For more information on scheduling appointments, visit www.deetarantino.massagetherapy.com.

With an eclectic variety of modalities all in one place, the Holistic Body Alliance makes it easy to find a therapist that fits your personality and needs. And if that therapist isn't available, she can refer you to one who is.

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