



Kimberly M. Jeffries, LMT

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About

Since 2001 I have built a private practice and worked within the spas of both Jackson Hole and Teton Valleys.

I also coordinate with companies that bring in large groups

Private Practice

Anew Massage, LLC

- Work with clients to achieve a harmonial balance
- Note changes in posture and muscle tension to be evaluated each session

Spas

Amangani Health Center, Shooting Star Spa & Wellness Center, Stillwaters Spa at Teton Springs, and Solitude Spa at Teton Mountain Lodge

- Massage combinations and specialty treatments (i.e. body wraps, steam room treatments)
- Education on the effects of different ingredients of oils

Modalities

Neuromuscular Therapy, Active Isolated Stretching (AIS) and Strengthening, Sports Massage, Orthopedic Injury and Rehabilitation, Deep Tissue Massage, Therapeutic Massage, Swedish Massage, Hot Stone, MyoKinesthetic

Education

Florida School of Massage in Gainesville, FL. In conjunction with the 665 hour Massage and Hydrotherapy program, I completed a 335 hour Advanced Sports Massage program.