



# TAYLOR PAGANINI

LICENSED MASSAGE THERAPIST

## BACKGROUND

I am originally from Long Beach, NY where I grew up only steps away from the beach. Growing up near the ocean I not only adopted a strong appreciation and respect for nature but also gained the sense of freedom and peace it gave me both in and out of the water which gave way to the realization that healing is something that comes from within ourselves.

## EDUCATION

I attended New York College of Health Professionals where I found my love of eastern medicine and holistic health. I graduated back in 2015 where I received an associates in occupational therapy and a NYS Massage Therapy license.

## WHY ARE YOU A MASSAGE THERAPIST?

My goal to becoming a therapist was based off compassion for those dealing with chronic pain due to my own personal experience. It is my passion to not only help heal and bring balance to my clients but to also encourage them to move closer to a more stress and pain free life so that they can grow to the best of their potential in their everyday lives.

## AREAS OF SPECIAL INTEREST

I specialize in Asian body work also known as Amma, Deep Tissue, Myofascial Release Technique, Trigger point therapy, Aromatherapy and Prenatal massage. For the last 2 years I was working side by side with a lead Acupuncturist back in New York to focus on well being and bringing quality of life back to those who may have lost it along the way. I am also certified in flame cupping as well which is an ancient belief that health issues are caused by stagnant blood and weak energy flow through the body.

## WHAT DO YOU LOVE TO DO IN YOUR FREE TIME?

In my free time I enjoy playing music, planting and studying herbal medicine, hiking, relaxing with my cat, and spending time with friends. Due to my enormous love for animals I also volunteer my time to animal shelters.