



TOREY DAHL

MASSAGE THERAPIST

BACKGROUND

Torey was born and raised in a small town in Montana, where she grew up with a lot of family around. She played many sports throughout her childhood including swimming, basketball and golf. She also grew up going hunting and fishing with her dad where she learned to love and appreciate all of nature.

EDUCATION

Torey attended college in Grand Forks, North Dakota for a year and a half before she decided that massage was her calling. She then moved down to Denver to attend Aveda for massage therapy, where she obtained her certificate and license.

WHY ARE YOU A MASSAGE THERAPIST?

Torey started getting massages all throughout highschool to help with flexibility and muscle tension while in sports. She found massage very beneficial to herself and wanted to have the ability to help others in the way that massage has helped her.

AREAS OF SPECIAL INTEREST

Torey specializes in deep-tissue massage, Swedish massage, myofascial work and cupping.

WHAT DO YOU LOVE TO DO IN YOUR FREE TIME?

In her free time, Torey loves to explore Denver with the many friends that she has made since moving here. She also loves to escape back up to Montana every few months to see all of her family and spoil her two nephews.