



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 degree in Occupational Studies and Massage Therapy.

WHY ARE YOU A MASSAGE THERAPIST?

My goal to become a Massage Therapist was based on 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 Prenatal and Postnatal massage as well as Infant and Pediatric massage. I am also Certified as an Arvigo Practitioner where I specialize in abdominal and pelvic care mostly centered around Women's Health. I specialize in Post-Surgical massage helping people recover faster during their rehabilitation period, and I also perform Myofascial Release Techniques as well as flame cupping.

WHAT DO YOU LOVE TO DO IN YOUR FREE TIME?

In my free time I enjoy reading, going to see live music, gardening and studying herbal medicine, relaxing with my cat, and spending time with friends.