

Amber ValleLara

Massage Therapist



"Bringing healing hands to open hearts, creating a unique experience in an expanding field. I've always been interested in working with people who are in need. After realizing blood makes me queasy, I looked into other careers and fell head over heels for what Massage Therapy is all about."

We are pleased to welcome Amber ValleLara to our team as a new Massage Therapist.

With 13 years of experience as a massage therapist, Amber is an expert in the field. Her work experience ranges from spas to chiropractic offices including Sports Rehab Therapy, Pregnancy, Deep Tissue, Swedish firm, and Trigger Point Massage.

EDUCATION

Sports Rehabilitation Therapy in Massage Therapy - Cerritos College

Massage Therapy in Massage Therapy - Everest College

Book your appointment at the front desk.

30 minute - \$46

55 minute - \$76

85 minute - \$106

**BUY A 4 OR 12
PACK AND SAVE!**

WEEKLY SCHEDULE

TUES – FRI	SAT (EVERY OTHER)
10 a.m. – 3 p.m.	10 a.m. – 2 p.m.



Center for
Health & Fitness

A Beach Cities Health District Program

