

## Amy M. Feesl, LMT, Massage Therapist owner of Metamorphose Therapy

Get to know Massage Therapist Amy M. Feesl, who serves patients in St. Paul, Minnesota.



**New York City, Mar 20, 2019 ([Issuewire.com](http://Issuewire.com))** - As a licensed massage therapist (LMT) and certified member of Associated Bodywork and Massage Professionals (ABMP) - Amy has special training and skills in treating clients by manually manipulating muscles and other soft tissues to relieve pain, help heal injuries, improve circulation, relieve stress, increase relaxation, and promote general wellness. She uses standard neuromusculoskeletal methods such as; Swedish, Trigger Point Therapy (TPT), sports,

scraping, cupping, kinesiology taping, and deep tissue work - to assist patients in their healing process.

At her own practice - Metamorphose Therapy - located in St. Paul Minnesota, Amy offers a wide range of services, including; 30 min/60 min/90 min/120 min in office massage therapy sessions (Chair massage is offered for events only). Her therapies are designed to remove severe body tension by relieving muscles and connective tissue below the surface of the patient's skin. These therapies also help improve range of motion for her patients. Her patients have wonderful things to say about her, one stating; "Amy is an exceptional therapist, she provides service that is helpful, targeted to your needs, and truly cares about her patients. I would highly recommend her to anyone."

Amy also serves athletes, including the Minnesota Golden Gophers football team and the Minnesota Wild corporate office personnel. The Minnesota Golden Gophers (commonly shortened to Gophers) is the college sports teams of the University of Minnesota, while the Minnesota Wild are a professional ice hockey team based in St Paul, Minnesota.

Amy received her certification in therapeutic massage therapy from Saint Paul College - A Community and Technical College. She also received her Associate of Applied Science (AAS) degree in Clinical Sports Massage, as well as completed the program for Holistic Nutrition Coach at the same college. Through her hard work and grades, she was inducted into the Phi Theta Kappa Honor Society.

Massage Therapy is the manual manipulation of muscles and soft tissues to relieve pain, promote injury healing, improve circulation, and relieve stress. Significant diseases and conditions treated by massage therapists like Amy include; chronic pain, repetitive strain injuries, migraines and headaches, hypertension, arthritis, sports injury, and many more. Amy works with all types of patients - parents, students and office personal to athletes, teachers, and medical providers.

### **Learn More about Amy M. Feesl:**

Through her findatopdoc profile, <https://www.findatopdoc.com/> or through Metamorphose Therapy, <https://www.MetamorphoseTherapy.com>

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