

Valerie LaBelle

Board Certified Massage Therapist



About Her

Valerie is passionate about health and wellness and her education and work experience prove it!

While practicing massage therapy for the last 15-years, she was also earning a bachelor's degree in Human Nutrition from MSU Denver. Valerie is also a nutrition coach, registered yoga teacher, and a Certified Personal Trainer.

She is passionate about helping others on their wellness path and providing personalized massages for each client to meet their needs.

Valerie is skilled:

- Swedish
- Deep tissue
- Prenatal massage