



Hello and welcome to the Sulana Rest website!

I hope you've had the opportunity to read about the Rest Therapy treatments that I offer. As you have probably guessed, I'm not your typical massage therapist. Clients come to me with the specific need to restore their relationship to rest. I've worked with people suffering from Lyme Disease, Restless Legs Syndrome, and Chronic Fatigue Syndrome. Mostly, though, I work with busy professionals who simply feel depleted and exhausted on a daily basis.

Having a certain level of "chemistry" with each client is vitally important to me. The work that we do together is sacred so it's necessary that a deep trust be established between us at the very beginning. If you believe that we would be the right fit as client and therapist, please send me a message detailing your intention for seeking Rest Therapy. Please also include your contact information. If you're interested in attending one of my Sulana Rest Retreats, you can sign up on the Upcoming Events page.

I look forward to hearing from you!

Mary