

Letrice Lopes gets the 'issues out of your tissues'

By **KELLY ONANIAN**
CONTRIBUTING WRITER

WAREHAM — With the stress that comes with the holiday season, what better gift to give than that of pure relaxation.

Whether it's for yourself or someone you love, Licensed Massage Therapist, Reiki Master and Herbalist Letrice Lopes offers spa quality relaxation and healing services without the high spa costs.

Whether it's to relieve muscle strains, pains or migraines, Lopes will help you get

the "issues out of your tissues" inside her studio behind the Onset Bay Healing and Wellness Center at 239 Onset Ave.

Certified in more than a dozen healing practices, Lopes provides traditional, sports, deep tissue, hot stone, infant, seated chair and cranial sacral massage.

She also specializes in shiatsu, reflexology and myofascial release.

Her Zen Bodytherapy and Ortho-Bionomy sessions relieve chronic stress, injury, pain and detoxify the body.

Lopes believes she is a natural-born healer and said nothing means more to her than helping people feel better.

"When I went to massage school, it was for my head to catch up to what my hands already knew. I implore healing energy in every treatment," Lopes said.

Her passion for healing began at the young of ten, when her mother would ask

her to rub her legs.

"I would want to go out and play, but my mom started to pay me \$1 to massage her. She'd be asleep in a matter of minutes!" Lopes said.

Most recently Lopes, who is licensed in both Massachusetts and Rhode Island, received certification in lymphatic drainage and neuromuscular therapy (NMT).

"It's perfect for anyone who has had surgery or inflammation in the body. You have up to three liters of water that's not excreted by the body and this helps get the lymph back into a decent

flow, back into the right channels," she said.

Lopes also travels throughout the SouthCoast, offering in-home massage therapy and seated chair massages at corporate events.

"People think of massage as a luxury, but it's necessary and so important for overall health. All my massages also come with Reiki," Lopes said.

Lopes offers 30-, 60- and 90-minute sessions, and will "mix up" services to accommodate an individual client's needs.

She also offers ear candling (or coning).

"I can't tell you enough

how this works. If you need to balance your equilibrium, have a sinus infection or any upper respiratory issue, it works wonders!"

Lopes offers a 20 percent discount for new clients and if a new client books a second appointment, he or she receives a 10-percent discount on that day.

Those who refer three new clients receive a free massage.

"I'll work around any client's schedule. I'm very flexible. My clients always come first and always will."

For more information or to make an appointment call Lopes at 508-566-RUBS.



KELLY ONANIAN/STANDARD-TIMES SPECIAL

Stone body massage is just one of several stress relieving services offered by Licensed Massage Therapist Letrice Lopes.