Massage Therapists Bio’s

**Christine Bubbico, Licensed Massage Therapist (LMT)**
Currently providing massage therapy services through the fitness center at the Robert A. Young Federal Building, Christine is an experienced licensed massage therapist. She is certified in Humanics Bodywork (a method of deep tissue trigger point and structural integration), and her massage styles range from stress reduction relaxation massage to sports massage. Christine has practiced with local chiropractors and area businesses, and is engaged in private practice. She has presented educational workshops, to a variety of audiences, on the health and wellness benefits of massage. Christine’s mission is to support individuals in achieving life balance through personal wellness. A firm believer in the inseparable connection between body/mind, Christine is a proponent of massage for relieving physical as well as emotional stress, and strongly believes in massage as a viable modality for enhancing overall health and well-being.

**Anne Childers, LMT**
Anne Childers, LMT is a graduate of the Healing Arts Center in St. Louis, MO. She is licensed by the State of MO, Nationally Certified, and a member of the ABMP Massage Association. Anne also works at the Healing Arts Center as a supervisor to beginning massage therapy students. She brings three years of experience into her practice and offers a therapeutic massage blending swedish massage with acupressure and connective tissue techniques. She intentionally creates a massage that will suit your specific needs. Her serene approach offers harmony, balance, and ease to your busy life.

**Jo Ann Drake LMT**
Jo Ann Drake took her first class in massage therapy in 1970. She was a part of the healthcare industry for nearly three decades prior to transitioning to the complementary side of things in 1995. She has been a full-time Massage Therapist for 12 years, and is a certified Instructor in Touch for Health Kinesiology and Reiki for 9 and 10 years respectively. Bio-Energetic Synchronization Technique (B.E.S.T.) is her most recent accomplishment having achieving the Diplomate level in 2006. She has certifications in several other modalities that she combines to create a unique and personal synthesis for each individual session. Her basic massage style is an Oriental type of massage and is very close to an AMMA style massage, which most people find to be very relaxing and soothing. She can also combine up to 9 types of techniques that fall into the massage category, (there are 218+ types of massage currently in the US). Utilizing all these therapies she strives to find the clients priorities and addresses them one layer at a time. Depending upon your needs you may experience only one technique on a visit or up to five. She truly enjoys facilitating your personal goals towards wellness, empowerment and improvement! Jo Ann is only available for table massages.
Dan McDonough LMT, NCTMB
Dan McDonough is a nationally certified massage therapist, with additional certification in Pranic Healing, Myo-fascial Release, Cranio-Somatic therapy, Breathwork and Shiatsu (acupressure). Dan encourages his clients to be active participants in their healing process and as a practitioner brings balance and harmony to mind, body and spirit through particular breathing techniques and his nurturing and therapeutic touch. Dan is also on staff at the Healing Arts Center, one of the finest massage therapy training programs in the state.

Lucy Moorman LMT
Lucy Moorman has been a Massage Therapist since 1990. She was trained at Kripalu School of Massage where she learned Kripalu Bodyflow which is based on the belief that the healing power of sacred touch is invaluable to our fast-paced society. This type of bodywork offers nurturing touch, authentic presence and intention to engage the whole person into deeper levels of relaxation. This is not a “beat the muscle up until it gives in” type of massage; rather it is more of a melting away of tension and stress—sort of like a mini vacation. Having given thousands of massages over the years, Lucy has also worked with clients dealing with serious illnesses such as cancer and has helped to ease the effects of chemotherapy. Lucy has over 1000 hours of Continuing Education. She has trained in many forms of healing energy such as Energy Balancing, Universal Energy Master, Pranic Healing, Spiritual Healing, Reiki Master, Healing Touch, Rosen Method, Hawaiian Lomilomi, Advanced Foot Reflexology, Intuition Training, HeartMath and many others. Lucy is also trained in many forms of Energy Therapy that deal more with beliefs and emotions such as Emotional Freedom Technique (EFT), Psych-K and muscle testing. Go to lucymoorman.com for a complete list.

Emily Smegner LMT
Emily Smegner is a native of St. Louis and graduated from Saint Louis University in 2002. She received her MT education at Missouri College and is currently employed with the Massage Envy franchise, as well. Emily has been in the massage therapy profession for 2 years, and truly enjoys her work more every day. She is passionate about the positive effects of therapy on the body and mind. She can provide an invigorating sports massage for fatigued, sore muscles post-workout. Or she can work with you on injury rehabilitation, assist in the relief of migraines and tension-related headaches or help you forget about life stresses for an hour with a relaxation focused treatment. Emily is excited to be back at SLU and looks forward to working with the SLU community. She encourages everyone to try massage therapy at least once, so they can decide if it’s something that can help them become healthier and a positive addition to their regular self-care.