

Club GA welcomes a new Massage Therapist – Kristina Heid

Kristina comes to us as a graduate from CenterPoint Massage and Shiatsu in St. Louis Park. She lives North of Buffalo with her husband, 2 cats and a flock of chickens. An avid gardener she stays busy in the summers with her yard and home massage business “The Heid-A-Way”. Kristina brings a nice variety of services to us offering not only relaxing massages but also therapeutic options that include deep tissue, trigger point release, cupping, Gua sha, Reflexology, Aromatherapy, Reiki and Lymphatic Facilitation.

Kristina is offering massage services on Monday, Wednesday and Thursdays at our Club GA Wellness Center in Elk River. Her available hours are posted on the door of her massage room OR

Call or Text 763-682-6769 to schedule your massage today.

