

Serina Haines, LMT*Clinical Massage Specialist*

Serina graduated from the Utah College of Massage Therapy with a specialty in clinical massage. She has worked in chiropractic offices and massage clinics helping to relieve pain and prevent it from coming back. She is certified in Structural Integration, Cranial Sacral and Acupressure.

Serina has been practicing massage therapy for 6 years. She grew up in Arizona, and while attending high school she found out how much she enjoys studying the body and learning how to relieve pain in the body. She moved to Reno 3 years ago, and found out what seasons are and how much playing outdoors has a healing effect. Serina and her husband share a love for the outdoors, which is where they spend most of their weekends hiking, camping, rock climbing or sailing.