

# Meet Our Staff

## About Our Staff

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## Massage and Bodywork

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# Renee McNeill

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**I'm Renee McNeill, a devoted mother, friend, and wife. I've been a Licensed Massage Therapist since 2018. I got into massage because I had this strong urge to help people like me (accident survivors) get out of pain and create a better quality of life through consistent self-care and it's been one of the best decisions I've made in my life! I love what I do and I love learning new**

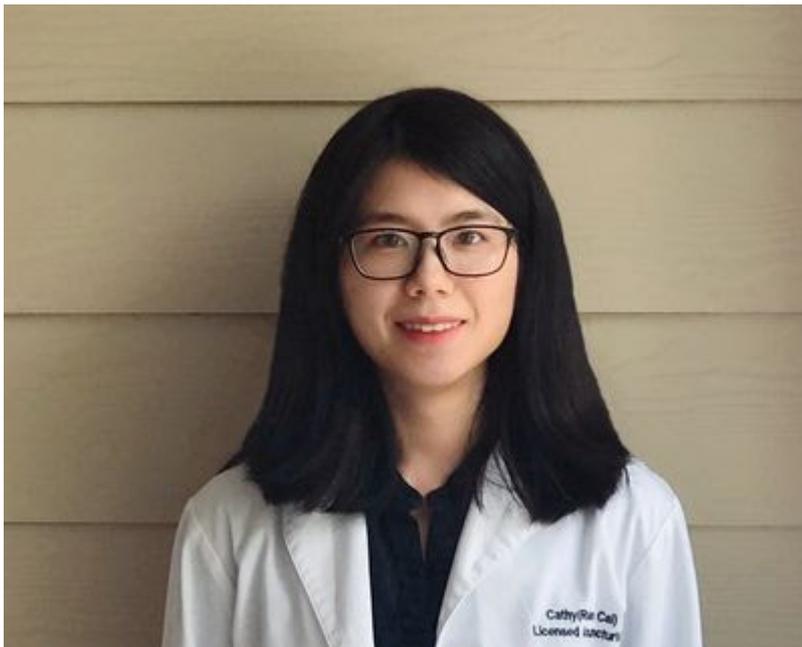
**things about the body and how it functions.**

**As my journey continued, I've better discovered my nurturing side and now specialize in women's health care and Bodywork, with emphasis on fertility, pregnancy, menopause, post-surgery, rehabilitation, and overall self-love and self-care. I'm a hippie at heart!! I'm also certified in Manual Lymphatic Drainage, infant and child massage, and yoni steaming. I also help create**

lasting experiences for like-minded women at our Women's Wellness ReTreat (Well Kneaded hosts this event twice a year). I look forward to working with you and creating new ways to love yourself even more!!

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**Cathy Cai, L. Ac**

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**Services offered:**

- **Chinese Herbal Medicine**
- **Cupping**
- **Electrical Stimulation**
- **Moxibustion**
- **Wellness Coaching**
- **Acupuncture**

**I am Ruitian "Cathy" Cai, which means propitious and sweet, given by my mom with her best wishes for me. I'm from Harbin, the northeast**

part of China which is famous for the Ice and Snow Festival as well as European food and architecture. My family has been practicing Traditional Chinese Medicine for many generations, I started learning TCM from my grandpa when I was a child, I fell in love with it and read all the classic TCM books he had from his grandpa while he was teaching me. As I grew up, I had a chance to start my clinical observation at Provincial Institute of Integrated Chinese and

**Western Medicine, where my mom worked, I followed many Chinese Medicine and West Medicine experts and got to see over fifty thousand patients get treated with the combination of Traditional Chinese and West Medicine for various problems.**

**After I moved to the US, I obtained my master's degree *magna cum laude* from Texas Health and Science University and began my practice in Frisco, Texas, one of the most populated areas in DFW.**

**I worked with an M.D. from China who is also an acupuncturist, I was able to help many patients with sports injuries, pain, infertility issues, mental disorders, allergies, substance abuse, and other chronic conditions.**

**I recently moved to Atlanta with my family and I am excited about this new chapter in my life. I want to help others and do something for my new community. So I have partnered with Well**

**Kneaded LLC., wanting to make things better with tools from one of the oldest healing methods of the world, Acupuncture!**

**I work hard to help you feel better and get well. I am also trained as a health/wellness coach and hope to aid those of you who have lifestyle and behavioral troubles.**

**I use Oriental Medicine and patient-centered care to empower your body and mind, I aim to target your problem**

**with natural drug-free  
remedies.**

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**Tee**

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**Tauheedah, affectionately  
known as “Tee” is a dedicated**

massage therapist, committed to giving each client their own therapeutic experience based on her extensive knowledge of muscle anatomy. As a graduate from Atlanta School of Massage, she developed a strong skill set and specialty for integrated massage methodologies focused on Pain Management. She combines aspects of deep tissue, stretch therapy, and her background in medical massage to address sources of pain and increase range of motion and muscle functionality in affected

areas. With a background in fitness and wellness, she also advises clients on how to address imbalances in their bodies and creates specific home-care plans that clients can use to continue the benefits of her work in between sessions. Although healing pain is her specialty, she also does Swedish/relaxation therapy, sports massage, prenatal massage, and basic reflexology.

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## **Athena Grace**

**Hi, My name is Athena Grace. I graduated top of my class at the Atlanta School of Massage. Prior to that, I attained my Hatha (Vinyasa) Yoga teacher license while in Thailand. My passion is in holistic healing, but I'm a nerd at heart so everything I do draws from scientific research**

**(Randomized Controlled Trials, Systematic Reviews, etc.). I have extensive training in various modalities like Neuromuscular Energy Techniques, Sport Massage, Deep Tissue, Swedish, Myofascial Release, Reflexology, Hydrotherapy...etc. I believe in the body's ability to heal itself and utilize my expertise to facilitate the body's natural healing process. Through listening to the body and thoughtful communication, I have refined a collaborative approach of**

reaching the specific goals of my clients. I combine that notion with my clinical education in order to provide a thorough, soothing, and effective massage.

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**Laura Weeden**

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**Hello, my name is Laura**

**Weeden! I am a graduate from Georgia Career Institute, and have been a licensed massage therapist since 2013. Most people would say they found massage therapy but I would have to say massage found me! I realized I had a talent for it when a dear friend of mine was suffering from a back injury due to a car accident and I would rub her back to help with the pain. The more I helped her the more I wanted to help others and I was encouraged to become a therapist! So here I am! My main focus is to combine deep**

**tissue, Swedish, and light stretching techniques to support natural healing, relaxation, and pain relief. I love what I do, I love making people feel good, and I always strive to give my clients the care that I would want to receive. I can't wait to join your self-care team!**

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# Autumn

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Hi, my name is Autumn! I began my journey of learning about health and wellness at GC&SU where I graduated with a B.S. in Public Health. While there I studied the importance of preventive healthcare and stress management. I really enjoyed learning about how simple techniques and exercises can alter an individuals wellness. I began to look into the holistic benefits that massage can provide and

decided I wanted to further my education. I attended the Atlanta School of Massage where I studied a variety of techniques such as Swedish, Deep Tissue, Stretching, and Reflexology. I am also certified in Hot Stone and Reiki 1&2. I am excited to be able to use a combination of these techniques to help you feel your best!

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# Diallo

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**Hi I'm Diallo which means Bold warrior in Africa. I was born in Jamaica but I grow up in West Palm Beach, Fla. I have a BA in Pre- Physical Therapy from Florida A&M University and I'm a licensed massage therapist in three different states Florida, Hawaii and Georgia. My modalities are Swedish Massage, Deep Tissue, Reflexology, Hot stones, and Medical/Therapeutic Massage. Why should you book with me?**

# Because I love what I do and a Diallo Treatment is always Well Kneaded!

## Skin Care

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After battling acne since the start of puberty, Sarah's mom took her to get a facial. That service inspired her interest in skincare, leading her to go to Esthetics school, graduating from the Dalton Institute in 2018. Sarah is passionate about helping people along their healing journey through skincare and in the future, massage. She is currently enrolled in the Atlanta School of Massage and is on track to graduate in Spring 2021. With a background in Resort and Day Spas, she specializes in waxing, customizable facials, body treatments, and advanced skincare treatments.



# **Sarah**

**After battling acne since the start of puberty, Sarah's mom took her to get a facial. That service inspired her interest in skincare, leading her to go to Esthetics school, graduating from the Dalton Institute in 2018. Sarah is passionate about helping people along their healing journey through skincare and in the future, massage. She is currently enrolled in the Atlanta School of Massage and is on track to graduate in Spring**

**2021. With a background in Resort and Day Spas, she specializes in waxing, customizable facials, body treatments, and advanced skincare treatments.**

## **Network Partners**

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Coming Soon