

About

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Hi! I'm Shanese Mark, a

**licensed massage therapist,
and founder of Well Kneaded
Massage Therapies and
Skincare. My mission is
pretty simple: MAKE LIFE
EASIER FOR Everyday People
who have muscle discomfort or
tension and pain from post
surgeries, injuries, and
chronic conditions. I'm a
Massage Instructor, Basic
Life Support and CPR
Instructor, Stretch
Therapist, Business Mentor, a
Proud Massage therapist, Burn
Survivor therapist,
alternative medicine**

**advocate, Integrative Massage
Reflexologist, Manual
Lymphatic Therapist, and
Aromatherapist.**

**Nothing makes me happier than
helping my clients feel
better and get through their
day with less pain and
discomfort. I love this work
and I can't wait to help you!
I've been an educator since
2002 and a massage therapist
since 2012, and after working
through my own chronic
conditions (I was born with
hip dysplasia and suffered
greatly from back pain and**

hip pain as a child into a young adult), I felt a strong calling to serve people who were recovering from an injury or had a chronic soft tissue condition. I wanted them to know what it feels like to get relief from their constant pain, to sleep a full night without awakening from their burning, throbbing pain, and to be truly supported and properly informed of tools, self-care techniques, and massage treatment options. I founded Well Kneaded LLC. in 2013,

and my team and I have served over 1,000 people in Georgia. My team and I work hard to create a welcoming environment that promotes pain education and self-care options. We offer various Pain Management Solutions for your overall relief. As EXPERTS in massage therapy for pain relief from surgeries, injuries, and chronic conditions, our goal is to help you feel good, hurt less, and sleep better. Unlike many massage therapists, we are not scared

to work with complicated conditions. We welcome the cases that leave others dumbfounded and speechless. We know you are strong, and that chronic conditions can be tamed to some degree. We have the proper knowledge, equipment, experience, partnerships, and resources to confidently handle chronic conditions and have a 99% satisfaction rate from our clients. Chiropractors, Pain Doctors, Physical Therapists, Psychologists, Psychiatrists, Dentists, and other health

professionals refer their patients to us with confidence in our skills. Come visit us at Well Kneaded Massage Therapies and Skincare. My therapists and I look forward to helping you!

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