

Best Massage Therapist



VERONICA LUNA

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1. Jeni Spring

Heeling Sole, 3300 Nacogdoches, Ste 110, (210) 967-4400, heelingsole.com

Jeni Spring. Even her name brings thoughts of relaxation and tranquility perfect for some stress-reducing body work. A certified massage therapist who arrived in San Antonio by way of Seattle in 2006, Spring uses Ashiatsu Oriental Bar Therapy to deliver a massage with her bare feet at her business, Heeling Sole. She considers the technique just as beneficial as more mainstream techniques (by which we mean hands). But guided by two overhead bars, Spring can allow gravity to do the work as her feet do the talking. But it's not all Ashiatsu all the time. You can order up some Ashi-Anma, Ashi Thai, or Pada Mudra style massage, as well, but it still comes by the foot. Spring says her hands are officially retired.

2. Michelle Reyes

MAJR Massage Therapy, (210) 508-2277, majrmassage.com

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