

About Me

I graduated from the Colorado School of Healing Arts in 2002 and have over 1300 hours of training, including advanced certifications in Lymphatic Drainage Massage, Neuromuscular Massage and Cranio-Sacral Therapy. I am also trained in Swedish, Sports and Deep Tissue massage techniques, and am a Level II Reiki practitioner.

I live in Centennial with my wife and two children, and enjoy golf, lacrosse and tai chi in my spare time.



Renu Laser and Skin Care
206 W. County Line Rd.
Suite 240
Highlands Ranch, CO
80129

(303) 470-0200

Tom Hardesty, CMT
Certified Massage Therapist

Lymphatic Drainage
CranioSacral Therapy
Neuromuscular Massage
Swedish & Sports Massage
Deep Tissue Massage
Reiki



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Benefits of Lymphatic Drainage Massage with Surgery

Pre-Surgical

- Removes Stagnant Fluid from Tissues
- Increases Blood Flow and Nourishes Tissues
- Promotes Relaxation and Reduces Pre-Surgical Stress and Anxiety

Post-Surgical

- Speeds Healing and Reduces Recovery Time
- Increases Immune System Function
- Helps to Reduce:
 - Inflammation
 - Swelling
 - Scar Tissue
 - Bruising

Additional Benefits of Lymphatic Drainage Massage

Relief of chronic lymphatic blockage can help with the following symptoms:

- Frequent Cold or Flu Infections
- Joint Pain
- Headaches and Migraines
- Menstrual Cramps
- Arthritis
- Loss of Appetite
- Fatigue
- Mood Irregularities
- Depression
- Acne
- Cellulite

Finally, lymphatic massage increases the flow of the lymph system, which bathes cells in fresh fluid, giving the skin a fresh and lively look

Pricing

\$65 for 1 hour
\$95 for 90 minutes

Because several sessions may be needed to treat the entire body effectively, I offer a discount on pre-paid packages.

Package of 3 - \$180

Package of 5 - \$300

Package of 10 - \$550