



Valerie Pontius, LMT # 10329

Hi, I'm Valerie and I am a licensed Massage Therapist specializing in Prenatal, Deep Tissue, Trigger Point, Myofascial Release, Lymphatic, and Swedish massage. My goal with each client is to provide them with a customized massage session based on their specific needs using multiple modalities to get the best results possible. I have a firm and compassionate touch and genuinely enjoy meeting new people. Seeing clients leave feeling refreshed and renewed gives me great pride!

After receiving my BS degree in Health & Human Performance from George Fox University in 2000, I began working in Physical Therapy clinics and soon realized that my passion was to help those suffering from physical ailments. I then decided to pursue Massage Therapy and graduated from the massage therapy certification program at Lane Community College at the end of 2002. I was licensed in March of 2003, both in Oregon and nationally and have worked in Physical Therapy Clinics, Massage Clinics, and gyms over the past 7 years. I have been a professional member of the American Massage Therapy Association since 2003 as well.

I currently live in Tualatin with my husband Aaron and my two daughters Ayla age 3, and Macy age 1. After having my two girls I developed a strong interest in Prenatal Massage. Since taking a pregnancy massage course, I have been able to effectively relieve the pain and discomfort involved with the course of pregnancy for many women. Pregnancy is a precious time in a woman's life and massage can be a great way to enjoy the process and help ease the body into the changes it will experience.

I look forward to building many relationships here at the YMCA and I hope to positively impact lives through the gift of massage!

Set hours are:
Monday 7pm-9:30pm
Friday 5pm-9pm
&
Saturday 9am-12:30pm

Other times may be available upon request
(please contact me personally at 503-318-1129 or massagebyval@gmail.com to schedule times
outside of my set hours)

Make your appointment today at the Welcome Center

30 min Massage - \$30
60 min Massage - \$60
90 min Massage - \$85

*Package Deals are available, for more details contact the Welcome Center