



HEALTH CENTER THERAPISTS



CATHY DREW

Massage Therapist / Esthetician

SPECIALITY

Swedish Relaxation, Deep Tissue, Hot Stone and Sports Massage

A LITTLE BIT MORE

Cathy is an experienced massage therapist and esthetician who administers our popular Massage/Facial combination treatment. Cathy is certified in our exclusive June Jacobs Spa Collection, First Tracks, and is a member of Associated Bodywork & Massage Professionals. Her experience and ongoing training enables her to satisfy each client's individual needs with custom experiences.



JEFF FINESILVER

Massage Therapist

SPECIALITY

Neck, Shoulders, Back and Sports Massage

A LITTLE BIT MORE

Jeff uses trigger points and other source points to effectively release tension from the head, neck, shoulders and back. His sports massage combines deeper tissue, fascia work and stretching to relieve sore muscles, relax the body and quickly revive athletic performance. His adaptive approach and varied techniques excel in addressing his client's needs and expectations. Jeff has been an active therapist in Aspen for 36 years.



DAVID BERKSON

Massage Therapist

SPECIALITY

Meridian Therapy, Myofascial, Deep Tissue, Sports, Structural Integration (similar to Rolfing/Heller work), Neuromuscular, Swedish, Reiki, Cranial Sacral and Hot Stone Massage

A LITTLE BIT MORE

A Nationally Certified American Bodywork & Massage Professional, David is convinced that pursuing health through movement is the best way to release the tension of everyday life. He is passionate about helping his clients realize authentic results from one-on-one therapy, resulting in more flexibility and balance, as well as increasing range of motion.



JULIE RAMOS

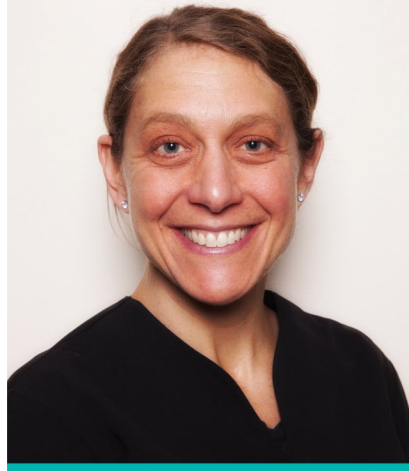
Massage Therapist

SPECIALITY

Neuromuscular, Sports, Deep Tissue and Hot Stone Massage

A LITTLE BIT MORE

Julie has been a licensed massage therapist for seven years, and a part of The Little Nell team since 2013. After sustaining an injury while playing and coaching competitive tennis, she experienced the transformative health benefits of therapeutic massage and developed an interest in the healing arts. Julie customizes each session to a client's individual needs.



FELICIA MARCUS

Massage Therapist

SPECIALITY

Deep Tissue, Neuromuscular Bodywork, Foot Reflexology and Swedish Massage

A LITTLE BIT MORE

Felicia has been practicing massage and bodywork since 1998. She pursued her passion for the healing arts by earning a degree in Reiki and Energy work in Crested Butte, CO. She enjoys helping people relax and de-stress with Swedish massage and also aids women with pre and post natal massages. Her abilities allow guests to feel pain free by the end of the massage session.



KATRINA JOHNSON

Massage Therapist

SPECIALITY

Deep Tissue, Swedish, Prenatal, Shiatsu, Hot Stone, Chair, Reflexology, Thai, Aromatherapy and Sports Recovery Massage

A LITTLE BIT MORE

Katrina has been a licensed massage therapist since 1993. She feels that massage therapy is a powerful tool that enables her guests to relax and heal themselves. Katrina believes that this profession not only benefits her clients, but also nurtures her own heart and soul.



JUDY NORMAN

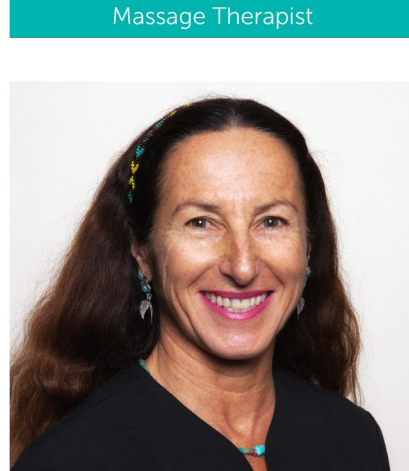
Massage Therapist

SPECIALITY

Swedish, Sports, Deep Tissue, Acupressure, Signature Stretching and Pregnancy Massage

A LITTLE BIT MORE

Judy has 38 years of experience as massage therapist - 23 of them with The Little Nell. She loves meeting new and interesting people, and helping them heal.



DEANNE KESSLER

Massage Therapist

SPECIALITY

Swedish, Sports and Deep Tissue Massage with a combination of Thai Shiatsu, Prenatal, Hot Stone and Energy Flow techniques

A LITTLE BIT MORE

Deanne has been member of The Little Nell team since the hotel opened in 1989. Her 28 years as a massage therapist has helped her to read each body and effectively release stress stored in soft tissues. From an early age, Deanne has had an interest in the healing arts and the therapeutic benefits of massage.



FRANCISCO SOLIS

Massage Therapist

SPECIALITY

Sports Recovery, Aromatherapy, Hot Stone, Swedish, Reflexology, Deep Tissue, Shiatsu, Thai and Chair Massage

A LITTLE BIT MORE

Francisco is an experienced therapist who has practiced massage in the United States since 2000 when he earned his license in Colorado and joined The Little Nell team. He pursued massage therapy to learn how to heal himself naturally and apply that knowledge to those in need. After a career as a chemical engineer working with toxic substances, Francisco finds massage therapy to be a rewarding pursuit.



KELLY GRACE FIELD

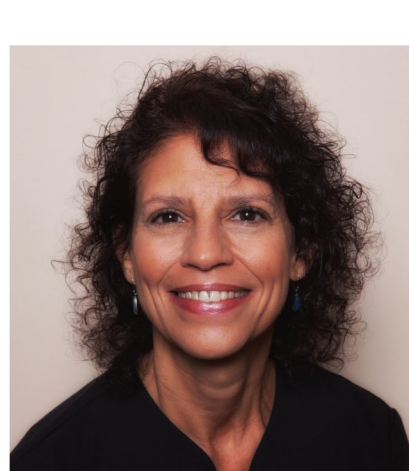
Massage Therapist

SPECIALITY

Sports, Deep Tissue, Trigger Point, Lomi Lomi (Hawaiian), Swedish Relaxation, Reiki and Hot Stone Massage

A LITTLE BIT MORE

Kelly provides unique and custom massage treatments using her creative abilities and a wide range of massage skills. Licensed for 10 years, she has extensive training in injury and pain treatment techniques for neck, jaw, headaches, back, joints, injuries and chronic conditions. In addition to her career in the healing arts, Kelly is an award-winning visual artist and a facilitator for creativity and consciousness, via workshops and classes.



NINA MORNINGSTAR

Massage Therapist

SPECIALITY

Hot Stone, Reiki, Nutrition, Aromatherapy, Reflexology and Sound Healing Massage

A LITTLE BIT MORE

Following a near-fatal accident, Nina was introduced to the magic of massage therapy by her chiropractor. Her own healing experience ignited her passion to learn everything she could about massage and share it with others, culminating with a degree from The Center of Advanced Therapeutics in 1997. Her depth of training and experience make her uniquely qualified to tap into what each body needs.



RENEE CRAWFORD

Esthetician

SPECIALITY

Holistic Skin Care

A LITTLE BIT MORE

A Colorado native with 15 years of experience in luxury spas, Renee understands the challenges of our high-altitude environment and offers customized facial treatments and home regimens to rejuvenate, rehydrate and refresh the skin. Recognizing that good health and appearance go hand-in-hand, Renee is passionate about sharing her secrets for holistic skin care. She offers a combination of experience and advanced education and is certified in our June Jacobs Spa Collection, First Tracks.