

Keva Mack

Massage Therapist | Holistic Health Practitioner | Speaker | Podcast Host

"Caring for Your Mind, Body & Spirit"

Keva Mack is a Licensed Massage Therapist, Board Certified Holistic Health Practitioner and Owner of Keva Mack Massage & Wellness in Grand Prairie, TX.

Keva is a drug free holistic healthcare provider that specializes in combining Massage Therapy and Therapeutic Bodywork with Complementary and Integrative Healthcare (CIH) techniques to assist clients with Plastic Surgery Recovery, Pain Management, Stress Relief and Holistic Wellness.

Keva's work is inspired by modern science and drug free wellness practices from around the world.

In addition to being a Licensed Massage Therapist, Keva holds professional level credentials as a Yoga Teacher, Meditation Teacher, Manual Lymph Drainage Therapist, Reiki Master Teacher and a Health & Wellness Coach.



SPEAKING TOPICS

Massage...It's not just for pampering!

This presentation helps participants to see the health benefits of Massage Therapy and teaches them how to locate a Massage Therapist that focuses on addressing health related issues.

Modern Medicine + Complementary Therapies = Optimum Health

This presentation helps participants to see how modern medical practices and complementary therapies can work together to help create holistic health and wellness.

Healthier Habits = Healthier Lives

This presentation helps participants to examine the habits in their lives, determine if those habits are healthy and helps them to create a plan to replace unhealthy habits with healthier ones.

Self Care as a Wellness Practice

This presentation helps participants understand the importance of self care and teaches them how to implement self care techniques in order to improve mental, physical, emotional and spiritual wellness.

Using Energy Based Techniques to Create Holistic Wellness

This presentation explains the difference between Energy Medicine and Energy Healing and shows ways both techniques can be used to create improved mental, physical and spiritual wellness.

Keva is an energetic, knowledgeable and experienced speaker and talk show guest that your audience will find engaging, informative, inspiring and fun!

Keva is based in Grand Prairie, TX and is available for podcasts, radio interviews, retreats, workshops and summits around the United States, Internationally and virtually.

Keva is able to connect with almost anyone, but has found that she resonates best with Black audiences, small business owners, health & wellness professionals and women ages 35-54.

As heard on



TESTIMONIALS



"Keva is the consummate professional in every regard. She does her very best to make each session better than the one before. She is the Best." - Ted Heartley



"Keva has extensive knowledge and experience, so I immediately felt comfortable. She explained what she was doing and why." - Monica Martin



"Keva has been amazing. She is professional and kind. Her methods are catered to your specific needs. She is not only a care provider, she is an educator. I know more about my body than ever before." - Vater Williams

INTERVIEW QUESTIONS

- How can Massage Therapy help to manage health related Issues?
- How can yoga help to improve overall health and wellness?
- What is Reiki Energy Therapy and how can it help to manage life changes and stress?
- What is Integrative Massage Therapy and how can it enhance mind, body and spirit wellness?
- How can working with a wellness coach help to improve health and well-being?
- How can Energy Based Techniques help to create better health & wellness?

CONNECT

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