

Keva Mack

Massage Therapist | Holistic Health Practitioner | Speaker

"Caring for Your Mind, Body & Energy"

Keva Mack is a Licensed Massage Therapist, board certified Holistic Health Practitioner and owner of Keva Mack Massage & Wellness in Grand Prairie, TX.

Keva specializes in Clinical Massage Therapy for Post Surgical Recovery (Orthopedic and Plastic Surgery) and Pain Management.

Keva also provides Manual Lymphatic Drainage, Reiki Energy Therapy, Craniosacral Therapy, Assisted Stretching and Somatic Therapy.

Keva takes a holistic approach to care, using complementary healthcare techniques that are inspired by modern science and drug free wellness practices from around the world, to help improve mental, physical spiritual and emotional wellness.



SPEAKING TOPICS

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

This presentation helps individuals to see the health benefits of Clinical Massage Therapy and teaches listeners how to locate a Massage Therapist in their area that focuses on addressing health related issues.

I'm about to have surgery, how can Massage Therapy help me?

This presentation helps listeners who are considering plastic surgery or orthopedic surgery understand how Massage Therapy can help them to prepare for and recover after surgery. It will also help them to find a qualified therapist in their area.

What is Reiki and how can it help to improve my wellness?

In this presentation find out what Reiki Energy Therapy is and how it can help you to regulate your nervous system and improve your overall well-being.

Somatic Therapy for Mind Body Wellness

This presentation teaches listeners what Somatic Therapy is and how it can be added to a Massage Therapy, bodywork or meditation session to assist in releasing stress, grief or trauma, from the body and mind.

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, complementary and integrative 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

- What's the difference between Clinical Massage & Relaxation Massage?
- How can Massage Therapy help to manage health related Issues?
- What is Reiki Energy Therapy and how can it help to manage life changes, pain and stress?
- How can adding Reiki Energy Therapy to Massage Therapy help to improve holistic health?
- How can Massage Therapy help people who are considering plastic surgery or orthopedic surgery?
- What is Somatic Therapy and how can it help to improve mind body wellness?

CONNECT

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