

Keva Mack

Massage Therapist | Holistic Health Practitioner | Speaker
Specializing in Clinical Massage Therapy & Integrative Holistic Care

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

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

Keva also uses Manual Lymphatic Drainage, Energy Medicine, Craniosacral Therapy, Yoga, Meditation, Breathwork and Empathetic Listening to help individuals to improve their mental, physical, spiritual, emotional and energetic wellness.

Keva takes a holistic approach to care, using complementary and integrative healthcare techniques that are inspired by modern science and drug free wellness practices from around the world, to work with, not against, the care provided by licensed medical professionals.



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.

Manual Lymphatic Drainage. What is it and how can it help?

In this presentation, listeners will learn what Manual Lymphatic Drainage is, how it can help to assist with arthritis, post surgical recovery, cancer treatment and more. Listeners will also learn lifestyle techniques that can help to improve lymphatic drainage and how to find qualified therapist in their area.

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, how it can help you to regulate your nervous system and improve your overall well-being as well as how to find a qualified Reiki practitioner in your area.

Somatic Integration in Mind Body Practices

This presentation teaches listeners what Somatic Integration is and how it can be added to a Massage Therapy, bodywork or meditation sessions to assist in relieving stress and releasing anger, 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 Arlington, 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?
- What is Manual Lymphatic Drainage and how can it be used to address health and wellness concerns?
- How can Clinical Massage Therapy and Bodywork help to manage health related Issues?
- What is the difference between Fitness Yoga, Somatic Yoga, Hatha Yoga, Vinyasa Yoga and Kemetic Yoga, and which type of class should I take?
- What is Craniosacral Therapy and how can it help to manage stress?
- What is Reiki Energy Healing and how can it help to manage life changes, pain and stress?
- How can Massage Therapy help people who are considering plastic surgery or orthopedic surgery?
- What is Somatic Integration and how can it help to relieve stress and release anger, grief and trauma from the mind and body?

CONNECT

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