



# Brooklynn Mills, LMT

## **Professional Experience**

- Licensed Massage Therapist
- Over 7 Years of Experience

## **About Brooklynn:**

Brooklynn's passion for personal fitness led him to pursue Massage.

Now, he enjoys working on a wide range of clients. He is always expanding his knowledge and expertise in the Sports Therapy space.

## **Personal Interest:**

- Parent to two daughters: five years old and five months old
- Passionate about travel, with Thailand as the most memorable destination
- Enjoy snowboarding during the winter months
- Value quality outdoor time with family through cycling and park visits

## **Specialties:**

- Pre-Natal Massage
- Trigger Point Therapy
- Deep Tissue Massages