



Timmy Danehower

LMT

Professional Experience

- Licensed Massage Therapist
- Massage Therapist for 3 years

About Timmy:

Timmy is a dedicated massage therapist with nearly 3 years of experience. He helps Athletes and active individuals manage pain, improve mobility, and enhance recovery through expertly tailored techniques.

Personal Interest:

- Coffee enthusiast!
- Passionate about wine, poetry, and art—the perfect trifecta for the soul
- Always seeking out authentic Indian cuisine
- Travel lover who's been captivated by the cultures of Japan and Mexico
- Committed to continuous education and professional growth

Specialties:

- Myofascial Work
- Pre-natal Massages
- Sport Massage