

Julie Lingenfelter, CMT, a Certified Massage Therapist & Esthetician with Strada Salon and Day Spa

Get to know Certified Massage Therapist & Esthetician Julie Lingenfelter, who treats clients in San Jose, California.



New York City, Nov 9, 2020 ([Issuewire.com](https://www.issuewire.com)) - Julie is a certified massage therapist specializing in therapeutic massage, Shiatsu, Swedish massage, deep tissue massage, lymphatic drainage massage, sports massage, and prenatal massage. She works as an esthetician at Strada Salon and Day Spa in San Jose, California.

Strada, ('way' or 'path' in Italian), will lead clients to their own personal zone of beauty. The facility offers services which are performed by professional staff, using the latest state-of-the-art salon equipment. Its mission is to provide a pleasurable and serene atmosphere where the team of experts carry clients away from the stresses of everyday life.

"I believe in facilitating the body, and mind, in healing itself through the amazing gift of the spirit of our creator" expressed Julie. Aromatherapy through Young Living Essential oils has added a life-giving lift in her practice and her own wellness.

Licensed since 1997, She found the gift of massage and earned her basic certification with a year of education at the Runes Wellness Therapeutic Massage Center & School in Santa Clara. Prior to entering the field of massage therapy, she earned a Bachelor's Degree in Cosmetology in 1986, and a Bachelor of Arts degree in Psychology from South University. She also completed a six-month internship at Starlight Community Services.

With over two decades of experience in her field, Julie attributes her success to having great mentors such as Rayna Lombard, who inspired her to do positive psychology. She is a member of the Unstoppable Women of Silicon Valley, hoping to connect with other women in the community that are like-minded in promoting health and wellness.

A Certified Massage Therapist (CMT) treats clients by using their hands to manipulate muscles and other soft tissues of the body. Through touch and pressure, the CMT works to improve the client's overall wellness by relieving pain, soothing injuries, increasing relaxation, and improving circulation.

An esthetician is an individual who specializes in the beautification of the skin. They provide services focused on skin care including, but not limited to, skin treatments, facials, makeup application, and hair removal.

In her spare time, Julie enjoys spending time with family and friends, being outdoors, dining, and traveling. She is an avid reader of all major holistic publications, research, and journals.

Learn More about Julie Lingenfelter:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82735253-Julie-Lingenfelter-Massage-Therapist> or through Strada Salon and Day Spa, <https://stradadayspa.com/>

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Source : Julie Lingenfelter, CMT

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