

Ashley Mack & Kneading Synergy LLC: Advancing Integrative Medical Massage and Holistic Healing

Licensed Massage Therapist and Reiki Practitioner Brings Clinical Bodywork Expertise and Lived Healing Experience to Clients in the Atlanta Area



Atlanta, Georgia Jul 10, 2026 ([Issuewire.com](https://www.issuewire.com)) - Ashley Mack, founder of Kneading Synergy LLC, is a massage therapist and Reiki practitioner dedicated to helping clients recover from chronic and acute pain through targeted, evidence-informed bodywork. She approaches each case as a unique puzzle, developing customized treatment plans designed to restore function, reduce pain, and support long-term wellness.

She earned a Bachelor of Science in Integrative Health from Arizona State University, building a foundation in whole-person care that addresses both physical and emotional well-being. After completing massage therapy training in 2018, she specialized in medical massage techniques supporting rehabilitation from injury, stress-related tension, and chronic musculoskeletal conditions.

Her personal healing journey began at age 20 when she developed carpal tunnel syndrome as a student musician playing viola. Faced with surgery or abandoning her scholarship, she chose to stop playing, ultimately losing her scholarship and leaving college. Chronic pain and prescription medication followed. A recommendation from a teacher led her to massage therapy. After consistent treatment, she experienced reduced swelling, improved mobility, fewer migraines, and a profound shift that inspired her career in therapeutic bodywork. Over time, this experience reshaped her understanding of pain and resilience, ultimately clarifying her path toward helping others heal.

In 2023, Mack relocated from Las Vegas to the Atlanta area with her wife and two dogs. Now living in Riverdale, Georgia, she has embraced homeownership and expanded her family with two cats. She enjoys reading, lifelong learning, and travel, bringing curiosity and compassion into her professional work.

Through Kneading Synergy LLC, Mack blends clinical expertise with empathy, creating a supportive environment for healing. She is committed to helping clients reduce pain, regain mobility, and improve quality of life through intentional, results-driven massage therapy. Her approach emphasizes individualized care, evidence-based techniques, and collaboration with clients in their healing process.

Learn more about Ashley Mack:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/ashley-mack> or through Kneading Synergy, LLC, <https://www.kneadingsynergy.com/>

America's Best in Medicine

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

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