

TOWER BARRACKS

CARMEN

Certified Massage Therapist

AVAILABILITY:

Mon - Fri: 6am – 8pm; Sat - Sun: 9am – 5pm



BIO:

I am Carmen Jara, a certified massage therapist since 2005. I work with a variety of techniques, including deep tissue massage and myofascial treatments, to address your individual needs.

Whether for pain relief, sports recovery, stress reduction, improving posture, or simply relaxation, every treatment is tailored personally to you. My goal is to improve your quality of life and help you achieve deep relaxation and stress relief through my work.

MESSAGE SERVICES OFFERED:

Swedish Massage - 45, 60, 90 or 120 minutes

Deep Tissue Massage - 45, 60, 90, or 120 minutes

Prenatal Massage - 60 minutes

Cupping Massage - 60 minutes

Lymphatic Massage - 60 or 90 minutes

Hot Stone Massage - 60 or 90 minutes

Reflexology Foot Massage - 30 minutes

READY TO BOOK?

CALL FOR AVAILABILITY

DSN: 526-1420 | CIV: 09641-70-526-1420

[GRAFENWOEHR.ARMYMWR.COM/MESSAGE](https://grafenwoehr.armymwr.com/massage)



TOWER & ROSE BARRACKS

BARDIA

Certified Massage Therapist

AVAILABILITY:

Mon - Fri: 4 – 8pm; Sat - Sun: 9am – 5pm



BIO:

As a veteran, physicist, and healer, Bardia bridges the worlds of science and spirit to guide you back to yourself. With a background in Physics, Human Anatomy, and an MBA, combined with early practices in meditation and yoga, he brings a deep understanding of the intricate connection between the body, energy, and the universe. Bardia is a licensed and certified massage therapist (CMT) trained in a variety of therapeutic modalities, including deep tissue, sports massage, lymphatic drainage, neuromuscular and trigger point therapy, Panchakarma, and both Usui and Holy Fire Reiki(Master). His intuitive and nurturing approach is completely tailored to each individual, using techniques like transformative breathwork to release stored tension and emotional blocks. As an Army veteran himself, Bardia is passionate about creating a safe, non-judgmental space for the military community and all spiritual seekers to let go, find inner calm, and reconnect with their most authentic, peaceful selves.

MASSAGE SERVICES OFFERED:

Classic Massage - 30, 45, 60, 90 or 120 minutes

Deep Tissue - 30, 45, 60, 90, 120

Swedish - 30, 45, 60, 90, 120 minutes

Lymphatic Drainage - 30 or 60 minutes

READY TO BOOK?

CALL FOR AVAILABILITY

DSN: 526-1420 | CIV: 09641-70-526-1420

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ROSE BARRACKS

ANTJE

Certified Massage Therapist

AVAILABILITY:

Monday: 9am – 6pm



BIO:

I received my education and license in New York State in 2008 and have since worked as a massage therapist in the USA, Germany, and the UK. Most of my experience comes from clinical settings, collaborating closely with medical providers, but I also offer relaxing spa treatments alongside therapeutic sessions tailored to your needs.

Choose from a classic Swedish or deep tissue massage, and enhance your treatment with specialties such as cupping therapy, IASTM (Instrument Assisted Soft Tissue Mobilization), or MET (Muscle Energy Techniques). I am also trained and experienced in pre- and postnatal massage, providing safe and effective care during all stages of motherhood.

MASSAGE SERVICES OFFERED:

Swedish Massage - 45, 60, or 90 minutes

Deep Tissue - 45, 60, or 90 minutes

Prenatal - 60 minutes

Cupping Massage - 60 minutes

Lymphatic Draining - 60 minutes

Hot Stone - 60 or 90 minutes

Reflexology Foot Massage - 30 minutes

READY TO BOOK?

CALL FOR AVAILABILITY

DSN: 599-5385 | CIV: 09641-70-599-5385

[GRAFENWOEHR.ARMYMWR.COM/MASSAGE](https://grafenwoehr.armymwr.com/massage)

