

About Tammy



For the past 25 years Tammy Crees has been committed to helping clients create a balanced, well aligned and efficient body while reducing potential for injury. As a longtime therapist on the Central Coast, who is both Nationally and State Certified, Tammy's goal is to help each client achieve maximum well-being. Whether the goal is stress reduction, pain management, treating a sports-related injury, or just to feel better overall, she will tailor a massage just for you! 25+ years experience • Event massage Salinas • Carmel

Rub Your Hide

Make your next event memorable by hosting a group of experienced massage therapists that will bring their massage tables or chairs to your office or location. Let us help you add goodwill and good health to your next event.

Tammy was instrumental in pioneering event massage at:

- * AT&T Pebble Beach Pro-Am Golf Tournament
- * The California Rodeo
- * Monterey County Juvenile Hall and Youth Center
- * Salinas Valley Memorial Hospital Trail-Ride
- * Nurses Week at Salinas Valley Memorial Hospital

Call us today!

38 East Romie Lane
Salinas, 93901
831/422-4141

Carmel Office
831/649-3292

www.rubyourhide.com

Hours by appointment



Rub Your Hide

Salinas Office
38 East Romie Lane
831/422-4141

Carmel Office
831/649-3292

www.rubyourhide.com



About Chair Massage

RUB YOUR HIDE offers traditional massage on-site (chair) massage and aromatherapy. Personal injury cases are welcome with a physician's referral. On-site massage is a short seated massage which comes to the workplace. It lasts 15 minutes, and covers the head, neck, shoulders, back, arms and hands. It uses no oil and the recipient remains fully clothed. Recently research shows that workplace massage reduces stress and improves performance. A study from the Touch Research Institute at the University of Miami showed that regular workplace massage increased alertness and mental performance and reduced job stress.

Types of Massage

- * Swedish Massage
- * Neuromuscular Therapy
- * Deep Tissue
- * Trigger Point Therapy
- * Myofascial Release
- * Sports Massage
- * Aromatherapy
- * Bamboosage
- * Chair massage



Customer Testimonials

"I felt so much better after seeing Tammy for a short time during a recent chair massage at a business women's luncheon I was attending. Tammy's technique must have done the trick...my back stopped aching that afternoon!"
-Laura Kershner, Satisfied Customer.

Call Tammy
today!