



Feel better ~

Look better ~

Do better!



**Holly Potter, Specialist in Massage Therapy, Reflexology and Esthetics**

*Massage Therapy* is manual manipulation of soft body tissues to enhance a person's health and well being. My *energy bodywork* treats anxiety, depression and auto immune diseases *Reflexology* a system of massage used to relieve tension and treat illness, based on the theory that there are reflex points on the feet, hands, and head linked to every part of the body. As an *Esthetician*, she is a skin care specialist who uses the organic, healthier products in her facials.

## About Holly...

I am the Owner/Operator of Everything Zen Massage LLC. I have been in the spa/wellness profession since 2002, and began as an Esthetician. I then went on to obtain my massage license in 2008, graduating from the CT Center for Massage Therapy.

I spent much of my early career working in some of the top destination spas in the area. While I enjoyed the training and experience I received, I wanted to create a setting with a more holistic approach, helping people to heal on not just the physical level, but also assist in healing the mind, body and spirit. In 2009, Everything Zen was born.

Years later, Everything Zen has expanded from a single treatment room to a well-rounded holistic health center with several practitioners. My vision and commitment continue to remain the same. With the help of my practitioners, I hope to expand on my vision, and the vision of Everything Zen, to not only facilitate healing, but to also empower and educate people about the benefits of holistic health.

I continue my commitment to education daily, and am currently enrolled in the New York College of Health Professions, pursuing my M.S. in Acupuncture and Oriental Medicine. Another specialty, my energy bodywork treats anxiety and depression, and auto immune diseases such as Ehlers-Danoos.

To contact us, you can reach out by phone (860) 861-8978, or by email at [everything.zenmassage@gmail.com](mailto:everything.zenmassage@gmail.com)

**Yours In Health,  
Holly Potter, L.E., L.M.T.**

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