

# Joel Carbaugh

## Massage Therapist

Joel grew up surrounded by family involved in medical and healthcare practices and eventually developed an interest - and eventual love - for the craft. He attended the University of Colorado at Boulder to study psychology in preparation for medical school, however, due to prevailing circumstances, he was unable to finish his degree.

Not wanting to give up on a career in health and wellness, Joel sought out alternative opportunities and came across massage therapy. Learning more about the trade, he found this to be his calling. He loved learning exactly how much massage therapy can help with recovery from injury, physical health and emotional well-being.

Proficient in a multitude of massage modalities, Joel's style is typically a mixture tailored to his client's specific needs with focus on Swedish, deep tissue, sports, structural and neuromuscular massage. His goal is to improve the health of every client he works with and, in effect, improve their lives and overall well-being.

*The Spa*  
AT MATRIX

