

Sara Scott

Massage Therapist

Sara has spent most of her life surrounded by sports and participating in gymnastics, volleyball, track and soccer. Sticking to her main love of gymnastics sparked an interest in the mechanical functions of the human body for optimal performance. Studying Exercise Science in college solidified her passion for movement. Having experience in the athletic industry and learning physiology, biomechanics as well as the musculo-skeletal and integumentary systems, it only felt natural to pursue a license in Massage Therapy.

Sara graduated from the Cortova Institute in Scottsdale, Arizona and her specializations include Myofascial Release, Trigger Point Therapy, Graston Technique (GT) and Active Release Technique (ART). After completing her license, Sara decided to work towards a Masters in Traditional Chinese Medicine at the Phoenix Institute of Herbal Medicine and Acupuncture.

A true student of the trade, she decided to put her Masters on hold to move back to Denver and focus on soft tissue work and the opportunity to gain spa experience. Ultimately, Sara plans to complete her Masters and eventually open a health clinic offering a variety of alternative treatments for those with all health issues.

The Spa
AT MATRIX

