

## MINDFUL MASSAGE & ENERGY THERAPIST

Do you have an active lifestyle that requires some extra self-care?

Adrian Chaves is an intuitive massage and energy therapist certified by Esalen Institute, California and NSW School of Massage, Sydney, Australia. He has worked alongside of personal trainers, physician and nutritionists to achieve the best physical results possible to athletics clients. He is the founder of Innatus Massage & Energy Therapy with a vision to help people gain a profound sense of well-being. His nurturing massage style has been described as slow and rhythmic deep tissue with pressure points and a blend of energetic work.

**20% OFF in your first session**



For booking or more information please contact: [www.innatustherapy.com](http://www.innatustherapy.com) or 415 384 1781

*"Adrian is an incredible therapist. He combines immaculate technical skill with the most wonderfully warm and embracing spirit. The massage felt amazing and I have been feeling the benefits for days." Lily Lowe Myers*

*"Adrian is a gentle and powerful being. He is direct in addressing pain and thorough in rinsing it out of the body. Felt like one session was the equivalent of multiple massage sessions. Ash Adamson*