

Learn about Kelly Gray

I grew up in a family who believed that traditional western medicine was the only form of healthcare available. Despite this, I knew that there had to be a more natural system that worked with the body so as soon as I was old enough to choose my own healthcare, I started seeking out “alternative” modalities like chiropractic, yoga, and massage. What I found to be most beneficial for me were the modalities dealing with energy healing, so in 2005 I became a Reiki practitioner to promote healing in both myself and others. Reiki deals specifically with the energy centers of the body.

As a young woman I had been told that I was a natural massage therapist, so in February 2009 I enrolled at the Institute of Therapeutic Massage and Wellness. In class we were taught that massage also addresses the energy systems of the body and at that point I knew that I had found the perfect compliment to Reiki. I graduated Valedictorian of my class in November of 2009 and started my massage business here at Hampton Health and Wellness in February of 2010. I enjoy my new career as a massage therapist. It gives me the opportunity to educate my clients on more natural forms of healthcare and it brings me great honor to be a part of their healthcare team.