

Pamper Yourself!

Massage therapy is beneficial for more than just muscle aches, according to Kim Brown, owner of Knots Out Massage Therapy.

It is effective for stress relief, muscle tension, people who have experienced a physical trauma like a car accident, in which the body is jarred tight. It can also be very comforting for emotional reasons, she noted.

“It can be very releasing ... it’s intimate, hands-on healing,” Kim said. “There are no drugs, no pills, and it works.”

A licensed massage therapist for more than 13 years, Kim moved to Goldthwaite and opened up her business here in



2016. She loves Goldthwaite, and its people. She loves that she feels her son is safe here, and she really wants to help people through her craft.

For more information on pricing and hours, contact Kim at Knots Out Massage in Goldthwaite at 325-451-0255.

She also does chair massages at the new Aroma of HOPE location on Fisher Street next to Family Dollar, so watch for her sign there.



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