

Spotlight On Business

Kimberly Sprunger – Dragonfly Massage

Dragonfly Massage

Owner: Kimberly Sprunger

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Whether a stressed business executive, manual laborer, strained athlete, pregnant woman, or one depressed with winter blues, Kimberly can help one tune in to the body and achieve a vitality of life for going forward.

Some of the benefits one can receive from massage therapy are shortened recovery time from exercise or injury, stress reduction, and increased body awareness. Mike had this to say "I injured my shoulder three years ago, and after one session with Kimberly I was able to lift my arm straight up over my head. I could even throw a football. I can't thank Kimberly enough"

Kimberly Sprunger received her massage training from Oregon School of Massage and Massage U. She attends seminars annually to expand her skills and maintain proficiency. Kimberly was raised in Newberg, and started her own business, Dragonfly Massage in 2005. Three years later she moved into her current space in the Farmers Insurance Agency building at 1548 E.



First St, south of the Dollar Store. Also, Chamber involvement and giving back to the community are very important to Kimberly. Volunteer projects have included free massage at Relay For Life, being an advisor for the high school Key Club, and mentoring teens.

Her office is a quiet, peaceful place and welcoming sanctuary for the relaxing and healing work Kimberly is known for. Her mission is to provide healing massages that relax the body, soothe the soul and relieve pain long term. She can intuitively sense and read body messages and knows how to help the body relax. Once relaxed, deeper work with trigger points, stretching, energy work, and Myofascial Release can help the body eliminate toxins, heal, and return to vibrant health. Myofascial Release is a gentle, whole body

approach that helps release tissue memory and pain. The technique requires sustained pressure for 90 seconds to engage the connective tissue and then continued pressure to facilitate releases throughout the body. Kimberly takes her time with each client and customizes each massage for the needs of the body that day.

Ancillary products and services include ear candling to eliminate wax and bacteria from the ears, therapeutic grade essential oils, gluten free baking mixes, and labor doula services. One thing that sets Kimberly apart in her industry is the fact that she does medical billing for wellness massage and motor vehicle injury.

One new mother had this to say about Kimberly: "It was so comforting to have a healthcare professional with me through the entire labor process. She knew just where to massage to help alleviate pain during labor. Regular massage sessions during the entire pregnancy not only relieved physical pain, but made it easier to cope with stress. It gave me a sense of well-being and calmness."

For more information you can visit her website at www.healingdragonfly.com or call her at 503-740-2162 or email dragonflym@yahoo.com. Massages are available Monday through Saturday by appointment only.