

LA BODY POINTS. Mobile & Eco Friendly



LA Body Points is the hippest, hottest mobile bodywork company catering to Homes, Hotels, Offices and TV & Film sets in Los Angeles from some of the most elite bodyworkers in the country. Each Body Specialist is equipped with Ipod speaker sets, a quantum music selection and professionally trained in all the details to give you an unparalleled experience.

We personally went behind the scenes to interview the Founder of LA Body Points Kendra Henderson, a long time bodywork expert in Los Angeles.

Cosmed: What got you into massage and bodywork?

Kendra: I come from Missouri with a whole family of nurses including my grandmother, aunt and my parents. My grandmother was the head nurse of Mid Missouri's Mental Health Hospital in the 70's and 80's and found that a lot of the patients benefited from nurturing touch as an alternative therapy to calm them. She decided to explore this healing realm further and pretty soon the back room was dedicated to massage of family and friends. Every time you entered Grandma's house, there was dim lights, incense, lit candles and you were next on the massage table.

If I inherited anything from my grandmother it would be her green eyes, long piano fingers and healing touch. I began attending bodywork seminars and tutored under her when I was twelve years old.

I started my own mobile practice in California in 2002, and we now offer a wider variety of treatments and more specialists.

Cosmed: Your Triple Guarantee includes the highest quality bodywork and punctuality. How is it that you can guarantee the highest quality and reliability in a city with so much traffic congestion?

Kendra: The real quality comes from the training. Each Body Specialist undergoes training in all the details from how to arrive on the minute to creating the sanctuary, and then they receive advanced training from lower back pain management to seated bodywork techniques.

I have scoured Los Angeles looking for exceptional bodyworkers. Each body specialist knows the basic styles, circulatory and deep tissue, but



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- Kendra Henderson, Founder

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they also must know some form of eclectic bodywork that they excel in. Our specialties include Shiatsu, Thai, Lomi Lomi and Chinese Tui Na. And in their training, everyone learns animal and pet.

Yes, Los Angeles traffic is a problem, but I don't ever want it to be a problem for one of our clients. Not only do the clients not have to drive in bumper to bumper, but I have created a drive time calculator which over pads the driving by about 30 minutes and allows for our body specialist to relax a block away before a treatment so they can arrive to the door on the minute and fully refreshed.

Cosmed: What do you mean when you say you are "mobile and eco-friendly?"

Kendra: We are completely mobile creating sanctuaries for our bodywork treatments in homes, hotels, offices and on location such as film sets, TV sets and we even offer personal Body Specialists for business and leisure travels so you can conveniently receive treatments while away.

We're Eco-friendly with our organic cotton sheets and certified organic oil, lotion and aromatherapy oils. We only use non toxic, biodegradable hypoallergenic laundry detergents, we bring recycle bags to dispose of our waste for seated bodywork events and we feature BIOTA bottled water, the only bio decomposable bottled water produced and distributed in the USA.

Cosmed: What is the most unique feature about LA Body Points?

Kendra: Our exceptional bodyworkers personally trained arriving at your door bringing eco-friendly sanitation and equipment, and offering a vast spectrum of bodywork styles to suit your needs