

Massage helped King, so she uses it to help others

By Pete Temple
Express Associate Editor

Jenny King knows, first-hand, about the benefits of massage therapy.

While serving in the U.S. Army, King suffered a torn anterior cruciate ligament, which required complete reconstructive surgery.

"That's just a long rehab," King said. "It takes a lot of time, so I had a lot of therapy, a lot of soft tissue work to help heal adhesions and help get my range of motion back."

King never forgot, she said, "just how beneficial it was, and how much it helped me personally."

So, she's offering that to others. King, 40, is the new massage therapist at Pure Image Salon and Spa in Monticello, having started there April 2. The facility that also offers manicures, pedicures, facials, body wraps and more; has added King's 20 years of massage experience.

"I just really enjoy helping people, and making a difference for the better. It gives me purpose," King said.

She touts the benefits of massage, which include relaxation and stress relief, promoting better sleep, pain relief, relieving headaches, increasing range of motion, increasing circulation, lowering blood pressure, and many more.

"Massage can be very relaxing and stress-relieving, but I think a lot of people don't realize how beneficial



Jenny King, shown giving a massage to Paige Jacobs, is the new massage therapist at Pure Image Salon and Spa in Monticello. (Photo by Pete Temple)

it is to your body medically," King said. "I think people kind of guilt themselves out of getting a massage, because they think, 'Oh, that's a lot of

money just for me to enjoy myself for an hour or so.' But really you should feel good, because you're taking good

(cont'd on page C7)

King -

(cont'd from page C5)
care of your body."

King has known Paige Jacobs, owner of Pure Image, since childhood.

"Paige is a very close family friend, and we grew up together," King said. "She's a very amazing, positive, strong person. It's neat how we were together as kids, and now here we are, together professionally."

King received her massage therapy degree in Jones County, from Carlson College of Massage Therapy in Stone City, graduating in 1998. She then attended the physical therapist assistant program at Kirkwood Community College, graduating in 2002.

Since then she has built her credentials by attending specialty courses and working toward certifications in sports massage and adhesion release.

She is licensed and insured in the State of Iowa for massage therapy and body work, and has met the professional standards to be a member in good standing with the American Massage Therapy Association.

King works part-time in the physical therapy department at the Anamosa Care Center, after having worked for four years as rehab coordinator at the Monticello Nursing and Rehabilitation Center. She has also worked

for Millennium Therapy for almost 11 years.

At Pure Image, King will provide massage therapy on-site, but will also travel to provide chair therapy at business functions, and travel to nursing homes and assisted living facilities.

"My work hours are flexible, and I can accommodate to your needs," she said.

King lives with her husband Zach, 18-year-old daughter Sydney and 10-year-old son Jake near Anamosa.

"My husband is my number one patient, because he does

strongman competitions," she said. "Massage is so good for recovery from lifting, working out, and sports."

Gift certificates are available at \$15 for 15 minutes, \$30 for 30 minutes and \$60 for 60 minutes. King offers a 10 percent discount for senior citizens, and active military veterans and spouses. She accepts cash, check or credit card.

"I'm excited to have the opportunity to give back to the community," King said.

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