Rachael Schrader Eddleman NCLMBT #3053 is the lead therapist at A Healing Touch and has been a licensed massage therapist since 2002. She graduated from UNC at Charlotte in 1999 with a Bachelor of Science degree in Biology. She then continued on to the New York Institute of Massage.

Rachael has specialized her practice in Integrative Therapy, Prenatal Massage, Fertility Massage Specialist, Swedish Deep Tissue Therapy, Massage for People Living with Cancer, Hot Stone Therapy, and Medicupping.

What makes her different from other therapists in the area? Rachael is an athlete and knows what gets sore and how to manipulate the muscle tissue to give the perfect release of tension and stress. Her massage is more about muscle tissue recovery and reduction of myofascial scar tissue. She knows what questions to ask to not only aid in alleviating symptoms but get to the root of the problem. She doesn’t just treat the symptoms; she looks for the cause. When you treat the cause of the problem the symptoms will go away.

Rachael started teaching massage at South Piedmont Community College in Spring 2012. She has the desire to pass on the knowledge that has grown her business over the last 10 years.