

# MEET

# LAUREEN

CN, CMT, CST



*Lauren of BayTree Wellness Center  
in San Mateo*

Lauren has been in practice for over 24 years. Born and raised in the Bay Area and the mother of two children. Former competitive soccer player and runner. Lauren has a degree in Nutrition Science from Cal Poly in San Luis Obispo. Lauren has worked as a Doula and is a infant massage instructor where she does group classes and private sessions with clients. She has training in the healing arts such as: Reiki Level 1, 2, 3, chakra balancing, AromaTouch and essential oils. She received special training through Upledger Institute in CranioSacral Therapy (CST) and has completed training in pediatrics. Through CST and different healing modalities Lauren has helped many families. Lauren has received additional training in massage in areas including Sports, Deep Tissue, Swedish, Aromatherapy, Prenatal, Trigger Point and Acupressure. She has completed continue education in movement, stretch therapy and completed training as a Mindful Touch Practitioner in Yomassage.