

April Cacciatori and Aubrey Recchio



January 11, 2023. "There's More to Massage Than Just Feeling Good!" April Cacciatori (L) and Aubrey Recchio (R), Licensed Massage Therapists.



Aubrey Recchio, LMT, Lead Therapist, for Zensations Therapeutic Massage and is a 2014 graduate of Onondaga School of Therapeutic Massage, Rochester Campus. Aubrey loves being able to help her clients find comfort in their bodies and maintain wellness in their life plans. She is certified in many massage modalities including, Swedish, Deep Tissue, Pregnancy, Cupping, and Migraine Relief. With a fitness background, Aubrey is developing her Sports Massage skills for treatment for, but not limited to athletes and fitness enthusiasts.

April Cacciatori is a Body-Mind Coach, Massage Therapist, Owner of Zensations Massage Therapy, PLLC, Subscription Box Creator - The Zenspiration Box, Women's Retreat Leader, and author of 'Ordinary Zenspiration, Find Your Chill, Find Your Fun, And Find Yourself'.

As a Body-Mind Transformation Coach incorporating her 17-year massage experience, April teaches the foundation of personal development and transformation through self-care, deep listening to the body, and mind intuitively with presence and awareness while her multiple artistic energies compel the journey she facilitates for herself and her clients.

April and her husband Enzo reside in Rome, NY with daughter Jessica and family right down the street and daughter Kelsey is not too far away in Boston,