

Quiet Massage

A welcome respite from a chaotic world

By Jim Brumm

Massage therapist Ron Lowe sits comfortably on one of two leather chairs in the living room of his Santa Rosa residence. The atmosphere is calming; soft music plays in the background. Ron's cat, Missy, sprawls across the carpet, blinking occasionally. A massage table beckons in the next room, a room bathed in pleasant scents and soft lighting. Welcome to the home of the Quiet Massage, where the harried and the hurried may find respite from the cares of their world, and leave feeling renewed and invigorated.

Ron, as soft-spoken as his business's name implies, smiled as he talked about his life as a massage therapist, and the road that brought him to this calming place. "Massage is a luxury that has real health benefits," he said. "You feel great afterward, and it helps with circulation, flexibility, stress, pain relief, and general well-being."

Growing up on a small ranch in Oregon, Ron and his three siblings baled hay and helped with livestock throughout his childhood.

Ron moved to Santa Rosa in Sonoma County in 1981. There, he met someone who did massage. "It got me thinking," said Ron. "I went and got my first massage, and I loved it." He bought a massage table, and began learning massage. He began studying fitness and became a certified aerobics instructor and fitness trainer. "I realized that fitness training, and aerobics, combined with massage, would be a great combination," he said.

He attended massage school and became certified in Swedish massage. He took courses in anatomy and deep tissue massage. With this experience and training, Ron started his massage business, *Quiet Massage*, finally realizing his long-time goal.

In just one year, Ron's client list grew to over 250 satisfied massage clients. Ron understands why they seek him out, and takes great satisfaction in helping them



Massage therapist Ron Lowe
in his Santa Rosa studio

overcome the stress of their lives, and the aches from minor injuries or muscle soreness.

"I offer comfort, relaxation, and stress relief," he said. "We're all working more hours, dealing with traffic, problems at work, and the like. This stress can take a big toll on our health over time. My hope is that relieving stress will impart long-term health benefits."

Ron's own schedule is busy, but his demeanor and energy exude calmness and a peaceful centeredness,

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which he passes on to his clients with each massage. “I believe that massage has a part in helping people to achieve optimum health. Plus, it’s affordable and enjoyable. I see business people come in to my massage studio completely stressed; they’re not breathing fully, their shoulders are up around their ears. First thing,” he said, laughing, “we turn off their cell phone. Then we get to work. When they leave, they’re breathing again; they’re relaxed and happy. There’s nothing better than that.”

In a world where we are programmed to believe that happiness comes from acquiring things, Ron’s worldview is refreshingly off the beaten track. “I’ve found that if you want to improve your life, instead of adding things like drugs or new stuff that you need to buy and maintain, take something away. Remove the stress and the material things that often come to control you and you’ll find you feel better right away.”

While Ron’s business has its share of stressed business people, he is seeing more local athletes who appreciate his skill and his strength in helping them stay at their best. “I have one client who runs triathlons,” said Ron. “He told me he cut back on his time with his personal trainer because he’s getting more benefit from our massage sessions.”

Ron’s services are popular with women, as well as men, from executives to housewives, who need a relaxing break from their routine. “For lots of women coming here is like a mini vacation,” he said. “It’s a chance to have an out-of-life experience and let go—for a while—of whatever it is that is causing them stress.”

Ron’s calm demeanor and professionalism create a safe space for all. “People tell me they feel comfortable with



Clients may shower before or after their relaxing massage.

me and the environment in my studio. I have a nurturing, but firm, touch. Many men come to me who have experienced ‘assembly line’ massages. They’re looking for a firmer

touch. I have the strength to do as deep a massage as they need.” While giving massage is hard work, Ron gets great satisfaction in helping others. “Seeing the transformation from when they get on the table to when they’re getting up—how they hold themselves—I see relief, happiness, lightness. I love knowing that I’ve made their lives better,” he said.

Ron strives to give his best to each client, carefully scheduling at least an hour between massages, so his clients don’t need to feel rushed, and so Ron can recover his strength and give fully to his next massage.

If you’ve been feeling stressed, if you have muscle soreness, or you would simply like a “mini vacation” from the day-to-day stress of life, give Ron a call. In fact, you can schedule your own massage right on his Web site; just choose an open time and sign up; it’s that easy. Let’s face it; in the chaos of our fast-moving, noisy world, a “Quiet Massage” may be just what the doctor ordered.



Missy guards a client’s shoes

You can reach Ron at 707-536-1136
Visit his Web site to schedule an appointment.

www.quietmassage.com