Elizabeth Adamo-Vasile

Massage Therapist



Elizabeth Adamo-Vasile graduated with High Honors from the Massage for Wellness Program. She has been a certified member of the American Massage Therapy Association since 2004. Elizabeth joined Total Health Associates in July 2015. As a certified Massage Therapist, she uses an integrative style of massage therapy to reduce stress, musculoskeletal pain and discomfort. Elizabeth is a firm believer in continuing education and develops her skills and knowledge by attending classes, workshops and seminars.

In addition to her training in Swedish Massage, her specialties include: Acupressure, Trigger Point Therapy, Deep Tissue, Medical Massage, Reflexology, Sports Massage, Rehabilitation Massage, Compression Therapy, Hot Stone Therapy, Pre-& Postnatal Massage, Geriatric Massage, Raindrop Therapy Technique and Aroma Therapy.

Elizabeth offers her patients relief from acute and chronic pain and stress. By customizing massages to specific needs, Elizabeth helps patients achieve their wellness goals. During her free time, Elizabeth enjoys yoga, tai chi, meditation, reading, hiking and the outdoors.