



Hands to Balance

Consuelo Davis - Licensed Massage Therapist

Success Magazine: Consuelo, why did you choose to become a massage therapist?

Consuelo Davis: I have wanted to become a therapist for a long time because of the balance massage can bring to a person's life.

SM: Where did you study to become licensed?

CD: I studied at the Center for Natural Wellness School of Massage Therapy in Albany.

SM: How did you choose your current office location in the Queensbury Hotel?

CD: The opportunity became available so I approached them about offering my massage services at the hotel. It is a great spot to work.

SM: You offer services for clients including: no fault insurance claims, AQUA through Blue Shield, and

others. How do you intend to develop those services in the future?

CD: I plan on continuing to foster my working relationship with our local hospitals, auto insurance companies, and I also strive to educate our community about the benefits of massage. Massage is more than just relaxation—it opens a world of life changes.

SM: What makes your massage therapy different than others in the industry?

CD: I have studied and practice different modalities so I can structure the massage to your personal needs. This is important because there are far greater benefits to a personalized massage.

SM: What are your business goals for the next five years?

CD: To expand the insurance programs we accept. I want more people to get massages as part of their healthcare plan. It is so beneficial for preventative care.


SM: As a small business entrepreneur, what are your greatest challenges?

CD: For me, the greatest challenge has been in balancing my time between family and business. I think this is something all entrepreneurs struggle with.

SM: How do you meet those challenges?

CD: It is all about time management. If I set a specific schedule for myself and work hard to adhere to it, it is easier to juggle all of my responsibilities.

HANDS to BALANCE



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