

Doria Patterson is a licensed massage therapist with nearly 5 years of experience. She is a graduate of Georgia Academy of Massage in Martinez, Ga., and is nationally certified. She also is an alumnus of the University of South Carolina Aiken, where she studied communications. Her massage skills include: Swedish, deep-tissue, sports, myofascial release, tabletop Thai, prenatal and trigger point therapy.

Ms. Patterson, of Aiken County, is passionate about the healing art of massage. She believes that the body can renew itself with natural cures as well as traditional medicine. "Balance is the key," she says. Eat healthy, drink lots of water, exercise and get massages."