

VK Highlight: Anam Cara Massage and Bodywork

If you're looking for a truly unique spa experience, you won't want to pass up a visit to [Anam Cara Massage and Bodywork](#). Owned and operated by Michelle Rivera, [Anam Cara](#) started in Baton Rouge, LA in 2005 and moved to Knoxville after hurricane Katrina. "I was born to do this," says Rivera, and it shows in every aspect of this business.

What makes Anam Cara so special? It's staff. Each therapist at [Anam Cara](#) is not only highly trained and caring, but also truly gifted and sincerely giving, which makes all the difference. It's an informal environment designed to make clients feel completely comfortable. Here, therapists get to know their clients on a personal level. After all, [Anam Cara](#) literally means "Soul Friend."

The [Anam Cara](#) staff consists of four massage therapists, one reflexologist, and one nail technician. All therapists are both nationally certified and Tennessee state licensed. A complete list of services can be found at the [Anam Cara website](#), but they include Therapeutic Massage, Body Applications, Facials, Reflexology, Pedicures and Manicures, and Body Wraps. [Anam Cara](#) even offers packages, spa home parties, and holiday specials, such as the tempting "Hot Chocolate Scrub and Cocoa Butter Massage."

The therapists at [Anam Cara](#) love to help people. It makes them happy to see someone get the healing they need. "Many people are dependent upon medications and don't know that there is an alternative," states Rivera. "Our services not only heal, but they keep you well, which is the way our creator intended it to be."

If you'd love to experience the personal care and professional treatment the [Anam Cara](#) staff provides, stop by for a visit at 301 Gallaher View Road, Suite 107 in Knoxville. Or you can contact owner Michelle Rivera at 865-566-0419 or visit their website at www.anamcara-life.com. VK is a proud partner with Anam Cara.

--Diana Hardin, VK Staff Writer
www.virtuallyknoxville.com