

# My AIKEN

featured sponsor

Co-written by Anthony DeFeo and Jacki Da Via  
Photos by Anthony DeFeo

## Body



John receiving NMT from Jacki



As I entered *My Aiken Body Therapeutic Massage*, I noticed the soothing aroma of citrus, peppermint and Tiger Balm that gently permeated my nostrils. Jacki Da Via, LMT, the owner of My Aiken Body, greeted me in a warm and friendly manner and soon introduced me to her client, John.

John shared that he met Jacki and her husband at a Green Bay Packers party hosted at Woodside two years ago. While sharing a table together the discussion of careers came up. Jacki described her journey as a Massage Therapist (for 25 years,) including 16 years working with Professional athletes (8 years with the Milwaukee Bucks NBA team and 8 years with the Milwaukee Admirals Hockey Club, prior to moving to Aiken in 2012.) John wanted to learn more about Jacki's Therapeutic Massage background.

John was seeking a skilled Massage Therapist with expertise in Neuromuscular Massage Therapy (NMT) as he suffered numbness in his foot, and had a significant "foot drop" issue. Between the chronic pain in his back and hip and the numbness in his foot, John needed a walker or cane to walk any distance. John revealed a goal, he wanted to regain the ability to walk, unassisted, to his seat at the upcoming Masters. Soon John scheduled his first NMT session with Jacki, and with regular therapy began to make great progress.

*"My Aiken Body Therapeutic Massage* is geared towards working with clients who experience pain or discomfort from issues such as: stress; headaches and migraines; muscle spasms; chronic pain; arthritis; injuries from athletic activities [horseback riding, tennis, golf, running and overuse activities,]" says Jacki.

Jacki and her husband raised their family in Wisconsin, where she spent her time developing her love of Massage Therapy. She graduated from Blue Sky Educational Foundation, Inc., School of Massage in Milwaukee in 1990 and now has 27 years of

experience as a full time practicing Massage Therapist.

*"I've always had a great deal of interest in how the human body works. While in Milwaukee I had opportunities to attend the Body Worlds Exhibits, which had a profound impact on the way I see the human body, injury and disease. Getting such a unique view of the human anatomy allowed me to gain a deeper understanding of the human condition."*

My Aiken Body includes Joy Manning, an Independent Professional Licensed Massage Therapist in South Carolina and Georgia, and is a member of Associated Bodywork and Massage Professionals. Joy's Massage Therapy education at the Augusta School of Massage included: Kinesiology; Orthopedic Stretching; Reflexology; and Pre-Natal Massage. Her

continued education includes Myofacial Release, Myoskeletal Alignment and Aromatic Studies. Joy has advanced Certification in Swe-Thai Table Massage, a 90-minute therapeutic session of blended relaxing soft tissue massage, acupressure, yoga style stretching, benefitting body, soul and mind wellness.

Jacki is a Professional Licensed Massage Therapist in South Carolina, and a Professional member of the American Massage Therapy Association (AMTA). Jacki has a strong background, advanced and extensive training in Sports, Orthopedic and Neuromuscular Massage Therapy. Jacki continues to study the newest techniques in athletic, Orthopedic and NMT, and continues her studies towards becoming a Lymphatic Specialist.

Together, Jacki and Joy offer a unique blend of state-of-the-art Massage Therapy in the region.

Jacki's interests include creative writing, singing in her church choir and playing the hammered dulcimer and piano. Jacki is currently working on a low-carb cookbook with a new spin and looks forward to sharing it once it is published. She is also working on an adaptation from the Book of Job from the Bible into a conceptual play. Jacki's family includes her husband, Joe, two grown sons Nick and Pete, her daughter-in-law Chantae, and two beautiful granddaughters Ava and Averie.

Joy enjoys her flexible career and family life, traveling, golfing with her friends, kayaking and volunteering with her community neighborhood association and helping to serve with her church.

As for John, he achieved his goal and proudly made his way, unassisted, to his seat at the Masters that very year.

Also at 830 Colony Parkway, HealthFirst Integrated Healthcare Solutions, Dr. Philip Jordan, D.C., Neck and Back Pain Relief, and Dr. James N. Moore III, MD, Adult Primary Care, and Immersed, Jennifer Jackson, Esthetician.

My Aiken Body Therapeutic Massage  
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The rooms at My Aiken Body