



## **Deborah Hamel**



### **Owner Debby Hamel Licensed Massage Therapist**

Sage and Stone Wellness and Massage is proudly female owned and operated by Licensed Massage Therapist Debby Hamel. Built on a foundation of integrity, compassion, professionalism, and a genuine passion for healing, Sage and Stone reflects Debby's deep commitment to helping others feel restored in both body and mind.

Following a life changing divorce, Debby made the courageous decision to rebuild her life by pursuing her long standing passion for massage therapy. As a full time mother and full time student, she dedicated herself wholeheartedly to her education, determined to create a brighter future for herself and her children. A lifelong "anatomy nerd," she graduated at the top of her class from The Atlanta School of Massage, passed the MBLEx, and became licensed in both Georgia and Massachusetts.

Debby quickly immersed herself in the spa industry, eventually advancing to Corporate Trainer for Woodhouse Day Spas. Her career growth ultimately led her to the beautiful state of Colorado, where Sage and Stone was born.

With over 10 years of experience, Debby holds certifications in Reflexology, Prenatal Massage, Oncology Massage, Neuromuscular Therapy (NMT), Geriatric Massage, Lymphatic Drainage, and Sports Massage. She is skilled in Swedish and deep tissue massage, cupping therapy, Thai stretching, craniosacral therapy, hot stone therapy, gua sha, body treatments, and sound bowl therapy. She is currently continuing her education on her Reiki journey, holding a Level I attunement in Usui Reiki.

When she's not supporting others on their healing path, Debby enjoys tending to her backyard garden, spending time with her four dogs, relaxing in her hammock with a good book, enjoying outdoor patios in Downtown Littleton with her partner and his dog, or discovering new places for wine tasting.