

Janae Freeman Quick – Solely Massage and Yoga

Janae Quick, LMBT NC #18243, is a Licensed Massage Therapist, Continuing Education Provider NCBTMB #1001287, Yoga Instructor, and the owner of Solely Massage and Yoga in Cornelius, NC, with over two decades of experience in the health and wellness field. She specializes in Ashiatsu Barefoot Massage and offers customized bodywork for athletes, trade workers, parents, and busy professionals. Her practice emphasizes massage and yoga as essential tools for long-term health and body maintenance—not just occasional indulgences.

Explore her offerings at: www.solelymassageandyoga.com