



Freedom To Move

1832 NE Broadway, Portland, OR, 97232

5.0 | 192 Reviews | 103

Massage Therapists

Reviews

These reviews are from verified customers of this business.

Incredible Healing Experience

Gina is an incredible and gifted massage therapist. She brings a high level of professional expertise combined with personal warmth and solicitous care which makes every massage an extremely relaxing and healing experience.

Mar 8, 2020

Customer since Mar 2011

Gina Medicine

For all the times I haven't provided a review, and all the times to come. Gina and her heart, her skills, her wisdom, her humor, her psychic flexibility and her presence are hands down a rare and precious find. Words don't describe my experiences with this wonderful and widely gifted healer.

Feb 7, 2020

Customer since Aug 2015

Simply the best

I've been getting massages from Gina for two decades now. She is simply the BEST. I'm picky and I like deep work- which is an effort for the provider. I have gotten many massages from numerous practitioners nationally. Gina, simply just has it all. She is strong, sensitive, articulate, caring, knowledgeable, can work with injuries, special needs or do a classic deep tissue. The wait is WELL worth it- I wouldn't go to anyone else.

Feb 3, 2020

Customer since Sep 2017

Worth every minute!

What a gift it was to have Gina read my astrology chart. From her amazing space to her wise guidance, I found the experience nothing short of heartening and insightful. I am so glad we had a 90 minute session; although it still didn't feel long enough. I will definitely be back and I highly recommend Gina!

Jan 20, 2020

Customer since Dec 2019

Exceptional!

Always always fantastic messages! I come in with an issue and leave feeling better! Everything about Gina's business is super!

Nov 28, 2019

Customer since Nov 2014

Fantastic Massage

Gina does a wonderful job checking in and taking care of me! Her massages are relaxing, but they do what you need them to do for sore or recovering muscles. Thanks, Gina!

Nov 17, 2019

Customer since Mar 2011

Re-balanced, ready for challenges.

Gina pays close attention to my bodies needs when she finds issues during a massage. Her work encourages healing of my weak spots, and re-balances my strong spots. I walk out feeling whole and ready for the next challenge.

Nov 13, 2019

Customer since Oct 2017

Personal Injury accident

Mother earth of the care and needs of your energy and body. Comforting to know she can also navigate insurance companies when involved in an accident. Always puts me at ease.

Sep 25, 2019

Customer since Dec 2017

There's a reason I've seen Gina for over a decade

Gina is hands down one of the city's top masseuses. Her ability to read your body and really apply her healing touch is an art form. She understands and has mastered many different techniques, and if you like pressure and deep massage she's got some amazingly strong hands. Her use of Gua Sha is some of the most therapeutic work I have ever had done. I can't lavish enough praise on this darling woman and her amazing abilities.

Aug 27, 2019

Customer since Apr 2013

Gina is awesome in all ways.....

Gina is a master at massage and also at astrology/numerology I was very intrigued by my astrological birth chart and was impressed with the depth of Gina's knowledge and how well she explained confusing terms. I learned so much about astrology in general and it really opened my eyes to my own personal insights that I had always struggled with. Through my reading, I was able to recognize why I am the way that I am in many relationships and this information was priceless. I highly recommend Gina.

May 14, 2019

Customer since Feb 2017

Lovely and loving energy

So glad to have found Gina and to have her in my self-care corner. All that you would want in a healer. She is a gift.

Apr 16, 2019

Customer since Feb 2019

Gina is amazing!

I have been seeing Gina weekly for a year and a half. She is amazing! I leave Gina's sessions feeling grounded and calm, and connected to the universe in a wonderful way. I also have a significant reduction in pain.

Apr 4, 2019

Customer since Feb 2017

Transformative

I am amazed at what Gina can do for my body in just one hour. She provides an excellent transformative massage.

Mar 6, 2019

Customer since Oct 2017

Awesomeness

Gina is amazing. A lovely person and brilliant healer. She is a sensitive and intuitive masseuse. Her Reiki stuff is terrific, Love her.

Feb 27, 2019

Customer since Nov 2014

Calm and Welcoming Environment

I've been going to see Gina regularly for the past few years and always leave each treatment feeling relaxed and rejuvenated. Gina is professional, warm, and caring. She creates a calming environment for both body and mind. Highly recommend!

Feb 9, 2019

Customer since Jul 2016

Go see Gina!

I always feel so great after my sessions with Gina. She is kind, understanding, and offers a wonderful balance of practical and spiritual support.

Jan 31, 2019

Customer since Sep 2015

Awesome

Gina always provides an excellent massage. I have always had great results from my issues by having her wonderful massages.

Jan 30, 2019

Customer since Nov 2014

Gina is the best!

Gina is the best! I've referred all my friends who have also had great experiences with her. I wish I could have a massage from her every day!

Dec 12, 2018

Customer since Oct 2014

Gina is completely amazing

If you have the opportunity to get a massage with Gina, DO IT . She is so gifted at understanding and helping to heal the body and is easy to communicate with around limitations and body pain. Along with incredible massage and body work, she is an amazing astrologer, visionary and space holder. I feel lucky to be one of her clients. See Gina if you can!!

Dec 4, 2018

Customer since Aug 2017

Freedom To Move

Gina is the bomb. I have no desire to go anywhere else for a massage!

Nov 27, 2018

Customer since Jul 2017

One of a kind experience

My session with Gina James was miraculous. It was full spectrum medicine. I was receiving surgery and felt it necessary to get preliminary care. In my session, Gina aligned me physically, spiritually, emotionally, and mentally for my procedure. I was able to take all the information she gave me, verbally and energetically, and weave it into my experience. I believe my session gave my surgery and recovery grace and ease (and minimal physical pain). I look forward to seeing Gina again.

Nov 13, 2018

Customer since Oct 2018

My life is better thanks to Gina

Every time I have a session my body tells a story and then starts a new beginning. I learn a lot about my body during Gina's intuitive massage therapy. She uses pressure and range of motion wonderfully.

Sep 25, 2018

Customer since Oct 2017

Gina James Restoring as Always

Thanks, Gina, for another lovely session. I feel relaxed and refreshed. Hope to see you again soon. The rest is filler as the program wants me to spend at least 100 characters.

Jul 22, 2018

Customer since Dec 2012

Excellent

After being rear ended in a MVA with multiple injuries & Highly Recommended ! Gina has been a BLESSING!! LOVE HER! If I Could I Would Want Her All To Myself! That's How AWESOME SHE IS!!!

Jul 21, 2018

Customer since Jun 2017

All Kinds of Wonderful

I'm so grateful I found Gina! She is welcoming, compassionate, and excellent at what she does. Her space is colorful, warm, and inviting. I always leave feeling cheerful and relaxed. I highly recommend booking with her.

Jul 15, 2018

Customer since Dec 2015

Healing massage!

Gina is such an intuitive healer. Her skills are dynamic and wonderful. I always feel so much better after a deeply healing massage! I have been to many massage therapists, But Gina is the best!

Jun 5, 2018

Customer since Nov 2011

Loved Gina's Massage

I recommend Gina! I had a Thai massage and it was a great experience. Gina has a kind and thoughtful manner and really listens and pays attention. Even though it was Thai massage focused, she also brought her many other healing tools to the session. What a treat!

May 29, 2018

Customer since May 2018

Gina Always Amazing

I call Gina my primary care provider - physical, spiritual, emotional. So kind. I recommend her to all!

May 13, 2018

Customer since Dec 2012

Wonderful!

Gina James is such a caring and gentle massage therapist. She knows just where and how to make me feel relaxed and limber. I highly recommend her.

May 10, 2018

Customer since Apr 2013

Lovely, as Always!

Gina is simply wonderful! She is a shining spirit with wonderful guidance and the utmost compassion. I cannot say enough great things about Gina! Thank you!

Mar 30, 2018

Customer since Mar 2014

Fantastic Spiritual Director

I have been seeing Gina as a spiritual director for several months now and could not be happier! Even when I go in without anything specific to discuss, I come out more aware, uplifted and excited about the weeks and years to come. Her insights are helpful, non-judgmental and thought provoking. I feel very lucky to have found her and appreciate the skills she brings to the table.

Feb 16, 2018

Customer since Sep 2017

Just Amazing!

There are not enough descriptive words to define all of the incredible talents that Gina embodies. I am so grateful to know her and to be at the receiving end of her hands and her innate ability to heal. Her insights are always spot on and she is so empathetic, gracious, and present. It is an honor to work with her each and every time. Thank you so much, Gina!

Jan 29, 2018

Customer since Mar 2014

Excellent care

Gina is an incredibly responsive massage therapist, digging in when there is a tight spot, and going gentle when there isn't. A healing and relaxing experience every time. I don't relax easy, but always wish I had an extra 30 minutes after she's done to just rest on the massage table. Can't recommend her enough!

Jan 28, 2018

Customer since May 2017

Incredible!

I've been seeing Gina for several years now. Every visit is exactly what I need at the time. Gina is an attentive listener, and very in tune with my what my muscles need. I leave feeling relaxed and healed each time. I always look forward to my appointments. She is incredible!

Jan 12, 2018

Customer since Apr 2011

The best

Gina James is the best massage therapist and healer I have ever had the pleasure of seeing. She is helping me tremendously in my recovery from a car accident. I always feel like I'm floating, and yet also more grounded, when I leave her table.

Dec 15, 2017

Customer since Aug 2011

Great Energy

Gina was amazing as usual. Her ability to connect and draw my energy in a positive manner is always very helpful. I always enjoy going to see her.

Dec 10, 2017

Customer since Aug 2017

Gina is wonderful!

It's been about a year now since I've started seeing Gina for massages on a monthly basis and I will never turn back! She is warm, welcoming, intuitive and a great listener, which paired with her perfect massage skills makes every experience heavenly. Every time I leave her table, I feel like a million bucks (both physically and mentally). With the help of some outside physical therapy and Gina's healing hands, I was able to fully recover from a shoulder injury. Thank you, Gina!

Dec 2, 2017

Customer since Oct 2016

Best experience yet!

Gina is very welcoming and extremely skilled. I have been looking for a solid massage therapist and after trying out a few, the experience that Gina provided was superior. I feel lucky to have found her.

Nov 30, 2017

Customer since Oct 2017

It's just perfect...

Gina is everything I have ever looked for in a massage therapist. Each of my appointments with her have been nothing short of amazing experiences! She does such a good job of being intentional during each of my appointments. Gina always makes me feel like I'm the only thing that matters for the time I'm lucky enough to be under her care!

Nov 18, 2017

Customer since Aug 2017

Gina is amazing!

Thoughtful, considerate, and professional, Gina creates space for whatever it is you need to get out of the experience.

Oct 25, 2017

Customer since Sep 2017

massage and chakra assessment

Gina was very present and attuned to what was going on in my body. I felt like we did the work together through the way she invited me into the process of both the assessment and massage. I would highly recommend Gina as a way to learn more about yourself and your journey.

Sep 3, 2017

Customer since Aug 2017

Amazing

Best decision I have ever made!! Great atmosphere, so professional, so inspiring. Gina is brilliant, she has such a talent for understanding people; she knew exactly what I needed and I walked away in total bliss.

Aug 31, 2017

Customer since Aug 2017

Great Energy

This was my first time getting a massage and I really enjoyed it. Her energy and atmosphere made it easy for me to relax and enjoy my massage.

Aug 22, 2017

Customer since Aug 2017

Always Amazing!

Gina is always amazing! And I am truly grateful for her care, her skills and the calm environment for treatment. After a long week, a 90 minutes massage treatment was in order. I walked away feeling both relaxed (like a puddle!) and re-energized.

Aug 21, 2017

Customer since Feb 2017

She Works Magic

I went in limping after overusing my knees. I explain the situation and what I needed done. She was amazing, did exactly what I wanted. I was no longer limping the next morning.

Jul 26, 2017

Customer since Jul 2017

Always Amazing!

Gina is the best! I've been seeing her for years and have always had a wonderful, healing experience. She's a genuine soul, and I am so grateful for her.

Jul 26, 2017

Customer since Apr 2011

Amazing

Gina is a wonderful, calming presence. Her massages are intuitive, relaxing and therapeutic. I love the added touches of spiritual cards and other modalities she uses in treatments. I always feel grounded, positively wobbly, relaxed and happy when I leave. I am grateful that I found her!

Jun 29, 2017

Customer since Dec 2016

Wonderful!

I cannot say enough good things about my massage experiences with Gina James. I always feel welcome when I walk in and always walk away feeling calm and refreshed and peaceful in mind and body. Amazing!

Jun 13, 2017

Customer since Feb 2017

Gina is a great healer

I went to see Gina for an energy session and massage to clear up all of the accumulated blockage from the Trumpocalypse. In our session, she was able to help me identify ways I can work to clear my energy and move forward productively, while being so gentle with my tired spirit. Thank you Gina!

May 15, 2017

Customer since May 2014

wonderful as usual

Gina has intuition and skill for tuning into the needs of the day. She is a mature body worker and so appreciated.

May 10, 2017

Customer since Jun 2011

Gentle, professional, knowledgeable

For someone who's nervous about a stranger working on your body, Gina is the perfect professional. She's kind, respectful, experienced and a good listener. I'm a senior citizen with recent knee surgeries, arthritis, and various aches and pains, and Gina listens carefully and then works hard to alleviate the discomfort. She's very knowledgeable about the human body and knows where to be gentle and where to be more assertive about working out the kinks. I always feel better when she's done!

Apr 28, 2017

Customer since Nov 2011

Gina is a Gifted Artist!

Gina is a truly gifted artist and intuitively knows how to bring relief to ones body, and soul. I have been seeing Gina for at least a dozen years, and treasure all of our times together. She brings relief to those muscles that so badly need attention, and temporary relief from the frenzied pace of everyday life. Time with Gina is a chance to take a deep breath and relax, and be in the presence of a kind healing person, with mad massage skills. You will enjoy every moment with Gina - Namaste

Apr 28, 2017

Customer since Aug 2011

Amazing!

I love my time with Gina! I appreciate her warm welcome and questions before the massage, and her feedback and questions during the massage that help me pay better attention to my body and be more mindful. I walk away refreshed, more relaxed and always looking forward to my next session.

Apr 20, 2017

Customer since Feb 2017

Wonderful!

Gina put me at ease immediately! I loved her easy way and the comfort of the space she created. There are bits of herself all around, if you take time to look.

Apr 16, 2017

Customer since Mar 2017

Gina is amazing!

Every time I have a session with Gina, she is always present, always focused and always very tuned into what is going on both physically and energetically. I always leave feeling better and with a fuller heart. Thank you, Gina!

Apr 11, 2017

Customer since Mar 2014

YOU are magic

Thank you for your presence and your expert healing. I felt very transformed after the massage and energy work. And this shift extended into the following day. I am grateful for you!

Apr 6, 2017

Customer since Sep 2016

thanks for a great massage

you were sensitive to what i needed and sensitive to each area of my body and how much pressure to apply.
thank you

Mar 19, 2017

Customer since Mar 2017

Great therapist

Both my teen daughter and I have been going to Gina for massage. She does a great job and the studio is very relaxing and nice. Works with Kaiser insurance as well. Plus online booking is great too.

Mar 12, 2017

Customer since Mar 2017

AMAZING!!!

Gina works her magic on tight, sore and aching muscles.....she helped me get my sore back under control in no time..Highly recommend her, you will not be disappointed....

Mar 6, 2017

Customer since Feb 2017

Balancing doing with being.

A great session helping me balance anxiety and excitement generating a capacity to gather myself to be and do.

Feb 23, 2017

Customer since Jun 2011

Great massage for climber

I'm a rock climber and often find myself with strained or overworked areas of my body. Gina does an incredible job of targeting these areas and really working through my muscles to make me feel better.

Feb 22, 2017

Customer since Nov 2015

The best

One of the best massages I've had in Portland if you haven't been here before you need to go trust me

Jan 29, 2017

Customer since Jan 2017

Relaxing atmosphere

3 visits in and I'm sold. A relaxing and caring atmosphere is what you receive here. I look forward to each and every visit.

Jan 18, 2017

Customer since Nov 2016

No one else I would go to

Gina is magic. It's as clear as that. I don't know about you but if I found magic I would soak it up. Expect to receive exactly what you were looking for and than a bunch of stuff you didn't expect leaving your body and soul more intact to do good work in the world. Do make sure to take down time after each of Gina's sessions because she does deep work and it's important to give time to integrate it all afterwards. The best :)

Jan 4, 2017

Customer since Oct 2016

Recommend wholeheartedly

Gina is an exceptional massage therapist--a great listener, incredibly intuitive, and, probably, magical. I feel so welcomed and comforted in her space, and then so refreshed and energized on the way out. Do not hesitate to rest your weary self in her able hands.

Dec 19, 2016

Customer since Sep 2016

Wonderfully skillful massage healer

Gina is a most adept and intuitive massage therapist! She has been enormously helpful to me - relieving a sciatica that left me unable to exercise in one session!. She also help free up a shoulder that has been locked up for decades. It is truly remarkable to be treated by Gina - not only physically comfortable and comforting, but more healing power than I had thought possible. You will be very lucky to become her client!

Dec 9, 2016

Customer since Jul 2016

Can hardly wait for my next massage

Great atmosphere, Very welcoming. Therapist was very knowledgeable. My first body massage and it was awesome.

Nov 27, 2016

Customer since Nov 2016

Always Amazing!

It is always a pleasure and a relief to see and be with Gina. She is so nurturing and gifted. She listens - with her hands, ears, and intuition. You will always be I good hands with Gina C. James!

Oct 12, 2016

Customer since Mar 2014

Gina is great!

Gina does a great job. She listens to what's going on and adjusts based on your own needs. I'd recommend her to anyone.

Oct 12, 2016

Customer since Oct 2014

Massage

She's amazing with deep tissue but some days all that's wanted is a thorough massage. I'm always in great hands with Gina.

Oct 11, 2016

Customer since Jun 2011

Gina

Gina is an excellent massage therapist. She is very thorough in her assessment of your health and I found her be one of the best if not the best therapist I have seen. I highly recommend her and plan to schedule in the future with her for additional massage therapy.

Oct 4, 2016

Customer since Sep 2016

Gina is excellent!!!

Gina is an exceptional therapist spending lots of time asking you questions and assessing what your needs and wants are. She applies the amount of pressure that you want and continues to check in throughout the massage. Her office has an incredible positive and healing energy and is full of fun paintings. She also has a lovely bell that she rings at the end of the session that I find very nice. The building has limited parking and it's sometimes outputting to walk in and just sit.

Sep 23, 2016

Customer since Dec 2015

Gina is a true healer!

I love how I feel in the presence of Gina. Gina is warm, compassionate, and very intuitive. I've been to many massage therapists over the years. But , Gina really is the real deal and offers great healing relief through her massage. I would highly recommend her to everyone.

Sep 8, 2016

Customer since Nov 2011

Among the best

What makes Gina a fantastic healer is that she's able to customize her many skills to suit the individual needs of whomever she works with. During my session, she combined energy work with a firm massage informed by her intuition and her years of practice. I don't even know what all she did, but it was nurturing, responsive, thorough, and amazing. I have many years of experience as a practitioner myself, so I have received a ton of healing work over the years. Gina is among the best.

Aug 29, 2016

Customer since Aug 2016

Whoa...

I have only seen Gina once, but my experience was incredible. She is a gifted energy worker and graced with kindness and compassion.

Jul 11, 2016

Customer since Jun 2016

Gina is Awesome

So skilled and engaging, Gina has been one of my if not my primary care practitioner for more than a decade. So grateful! Must go make another appointment. I try to see her monthly for essential self-care.

Jul 10, 2016

Customer since Dec 2012

Amazing

Easy to talk to Efficient Available Listens Recommendation Rejuvenating Relaxing Relief Pin points Gina James amazing masseuse who knows an individuals body mind and soul to release stress tightness and pain to be transcend to a place of happiness comfort and mobility definitely recommending her and returning:)

Jul 6, 2016

Customer since Jul 2016

Rejuvenating Massage

Gina's massages are restorative and therapeutic. Want to have a certain area worked on, she'll really dig in, so to speak. Freedom to Move is always a relaxing and nurturing experience.

Jun 21, 2016

Customer since Nov 2013

Massage

She's a professional and professionals always get to the pith of the matter. Always excellent, always listening and always kind.

Jun 5, 2016

Customer since Jun 2011

Amazing!!!

Gina really listens to what you want. She is calming and amazingly strong. Wonderful massage. I Totally recommend Gina James to you.

May 7, 2016

Customer since Nov 2013

Wonderful massage, wonderful person

Gina is a skilled massage therapist, the best I've encountered. She listens to the person, the spirit and the body as she works, providing a holistic, kind, healing experience no matter what is going on in life or body. I treasure my visits and could not recommend her more.

May 5, 2016

Customer since Mar 2015

Regenerative massage by Gina

My first visit this week for a full body massage with Gina was so soothing. She has the magic touch! I received a fabulous massage and will definitely be going back for more sessions.

Apr 12, 2016

Customer since Apr 2016

Freedom to Move Massage Review

Gina has been wonderful! She is attentive to not only my body's needs, but understands the complexities of whole wellness too. She has given attention to my physical wellness and also my mental and emotional health by active listening and relating it all to my body. Very beneficial!

Mar 27, 2016

Customer since Feb 2016

Massage

Gina brings so much to the session including contemplative listening, wisdom and centering in on what the body 'needs'. I feel transformed after, and that my whole self has received the benefit of her gentle attention.

Mar 16, 2016

Customer since Jan 2016

Massage/Energy work

Gina's office space is clean and professional, but also has a great deal of character and warmth. Her use of skilled physical and energetic technique is not to be missed.

Mar 15, 2016

Customer since Feb 2016

Life changing Massage

Gina was professional and caring. I thought I was a rationalist until Gina suggested during the massage she could feel Julie and Ernie's spirit and they were protecting me. This allowed my brain to relax for the first time in 4 months and be happy. This has persisted for more than a day. Thank you.

Mar 10, 2016

Customer since Mar 2016

Massage

Gina is excellent all around. I'm relaxed and calm the minute I walk in her office. She is a great massage therapist and listens very well to any request or areas of concern I may have. I would highly recommend her to anyone.

Feb 23, 2016

Customer since Dec 2015

Gina's great.
Gina's great. I wish I could get a massage from her every day!!

Feb 5, 2016
Customer since Oct 2014

Highly recommended
I have been receiving massages from Gina for over a year. She provides an excellent service. She is a great listener. I highly recommend her

Dec 31, 2015
Customer since Oct 2014

Thanks Gina
Gina is caring, compassionate, and kind. She asks me what area I would like her to focus on before every massage. I've greatly benefited from her 'whole person well-being' approach, and highly recommend her.

Dec 30, 2015
Customer since Nov 2015

Great massage and so kind
Gina always gives a great massage and this time was no different. I was late because I got mixed up about the times and she VERY generously accommodated my tardiness and welcomed me on a Friday afternoon. The massage itself was just what I needed, and she made sure my growing baby bump was comfortable throughout. Thank you, Gina!!

Dec 19, 2015
Customer since Aug 2013

Great experience and results
Gina did an amazing job maintaining a relaxed and calming atmosphere while finding the perfect balance of pressure in the massage.

Dec 10, 2015
Customer since Nov 2015

Medicine for Mind, Body, Spirit
Her therapeutic approach to massage is healing for every part of me. I've been seeing her for years, and I have no intentions of stopping.

Nov 19, 2015
Customer since Jul 2012

Comfort and connection
Gina was simply lovely and her space is so warm and inviting. She instantly made me feel comfortable and I

felt like she truly listened to me. I enjoyed her professionalism and compassion. I felt great after my massage and instantly made a second appointment.

Nov 16, 2015

Customer since Oct 2015

Always great

I completely look forward these appointments--Gina works wonders, always finds the tight places. I wish I could go every day!

Oct 14, 2015

Customer since Oct 2015

Massage

Fabulous massage as always! I really look forward to my massages. I feel rejuvenated every time. This time you totally helped my sore neck. Thank you!

Oct 7, 2015

Customer since Nov 2014

Gina James

This was my first time receiving a massage from Gina. She was a great listener, and I appreciated that we sat down to discuss my body's problem areas and she provided tips for stretching. My back pain felt truly healed after the first massage session and I am looking forward to my next appointment.

Sep 11, 2015

Customer since Aug 2015

Gina James Massage

This was my first visit with Gina. She was very thorough in her initial evaluation of my needs. She then explained exactly what she was going to do and did it. There were no surprises other than the high quality of her technique. I booked another massage for next month and hope to have a long relationship with her. I strongly recommend Gina for her skill and professionalism.

Sep 5, 2015

Customer since Aug 2015

Thorough and helpful

Gina does a great job balancing the physical and emotional needs I bring into a massage session with her. I appreciate her attentiveness and her calm, welcoming, effective approaches.

Aug 27, 2015

Customer since Mar 2014

Gina is Amazing

Gina is amazing and really listens to the needs of the client. Thoughtful, encouraging and sensitive to what

you're going through in your life. In our crazy lives, it's calming to know there is a place out there that offers serenity. I would highly recommend Gina.

Jul 22, 2015

Customer since May 2015

Gina James, healer

Amazing healer. The thoughtful and thorough massage combined with the Reiki work truly transformed my body. Yesterday, I walked in with depression, nausea and more. Now after 30+ hours, I'm still feeling fabulous. Thank you Gina for your intuitive work.

Jul 15, 2015

Customer since May 2015

Gina's intuitive and skilled body work is amazing!

Gina has been helping me to recover from a car accident after already having suffered from a sports injury. Having received massage from many different practitioners over the years, she is absolutely one of the best I have ever worked with. Her knowledge of body mechanics and recovery, and her blend of deep tissue work, joint mobilization muscle stretching, and spiritual energy are transforming me so that I am beginning to feel better even than before my injuries!

Jul 10, 2015

Customer since Apr 2015

D.Min. Spiritual Director

The depth and grounded presence that Gina brings to her work is healing and nurturing. I appreciate the insights and connections she helps me uncover through our time. Always an enriching and wonderful experience!

Jun 19, 2015

Customer since Feb 2015

Such a Talent!

Gina is talented and knowledgeable in many different holistic practices. I always walk away from our sessions feeling enlightened, heard and cared for. Aside from the services she provides, Gina is an incredibly kind-hearted person! I would highly recommend her ~

Jun 16, 2015

Customer since Jan 2014

AWESOME!!

Gina is such an awesome therapist & has a very calming presence. Which allows you to completely relax and enjoy the massage and environment. She's made my body feel so much better and so much more functional than I thought possible! She gets a 10 in my book. She's great, you won't regret it.

Jun 15, 2015

Customer since Feb 2015

Best. Ever.

Gina is magic. She is a deep listener, and a very talented massage therapist. I hope that adding another rave review doesn't make it harder to get appointments with her! :)

Jun 3, 2015

Customer since Aug 2011

Massage

Gina does a great job!! Her massage techniques are fabulous. My lower back feels great! I will be returning for more next month! Thank you Gina!!

Apr 23, 2015

Customer since Apr 2015

Rejuvenation of Body & Mind

I encourage everyone to experience not only Gina's massage talents but her horoscope & spiritual guidance talents as well. If you're only having a massage - you're missing out ! !

Apr 9, 2015

Customer since Apr 2011

Great massage

Gina is awesome. She is warm, understanding, and provides wonderful massages. I leave feeling relaxed and comforted (plus she accepts insurance!). Highly recommend.

Apr 8, 2015

Customer since Jan 2015

Highly recommend Gina James!

She has healing hands. She doesn't Rush you and listens to your concerns. Best massage I have ever had!!!!

Apr 3, 2015

Customer since Oct 2014

Wonderful Experience...

My session with Gina met my needs and then some. She's a deep listener, knowledgeable, intuitive and caring. She also has many tools & modalities to accommodate to your situation. I feel lucky to have found such a well versed practitioner.

Mar 15, 2015

Customer since Jan 2014

Excellent Massage

Gina is a truly gifted massage therapist. She finds the areas of my body needing attention and healing both

through her skillful hands and through her developed intuition.

Mar 8, 2015

Customer since Mar 2015

Just what I needed

I hadn't been in for months, and was lucky to get in during a cancellation just when I needed it. Gina's touch and intuition were exactly what I was seeking, and I appreciate her wisdom and warmth. I'll be back for sure.

Mar 5, 2015

Customer since Mar 2014

My monthly Sanctuary

I have been fortunate to have been working with Gina for several years. Gina is a fantastic massage therapist and Reiki master. Gina is also a great listener, good conversationalist, punctual, intuitive, serious, funny, strong, tender, encouraging, and patient.

Feb 25, 2015

Customer since Mar 2011

Nurturing Massage and Healing Touch

Gina is a caring listener and is able to translate that into a healing massage that touched deep into my soul and supported me to explore additional paths to wholeness and complete health, Her gentle wisdom is a powerful foundation for all that she has to offer. I highly recommend her!

Feb 20, 2015

Customer since Feb 2015

Great massage

Gina is awesome and the massage was great. She taught me some new stretches to help with some issues I've been having and she took extra time at no extra charge to help me out. It was a great experience!

Feb 19, 2015

Customer since Jan 2015

Strong and soft

Gina is a great technician of massage, but also a great listener and healer. I always feel physically improved and mentally strengthened after her treatments.

Feb 4, 2015

Customer since Apr 2014

Wonderful

Gina is the best. Caring, careful, loving. Always attentive to what I need on any given day. Love her!

Dec 29, 2014

Customer since Mar 2011

Recommend

Great massage experience. I Highly recommend Gina. This was my second visit and I plan on becoming a regular customer.

Dec 29, 2014

Customer since Aug 2014

Good first appt!

Gina was welcoming and a good listener during the initial discussion. She clearly knows her craft well and did a great job. I'll be back.

Dec 3, 2014

Customer since Oct 2014

Perfection, 6 years running...

Gina's massages have always been great, and they're always getting better. Perfect pressure, perfect follow-through, open ears and an open heart. I couldn't recommend her more highly...

Nov 26, 2014

Customer since Jul 2012

Sensitive Practitioner

Gina brings an extensive toolkit; I appreciated her ability to combine modalities. Her sensitive questions and an attentiveness to the language that worked for me made the conversation during my massage very productive and memorable for me. I notice she was booked out a few weeks in advance, so reserve early if you want an appointment!

Nov 20, 2014

Customer since Oct 2014

Great prenatal massage!

Very professional, attended to my specific needs, firm in areas that needed work and gentle throughout. I felt very well-cared for!

Nov 14, 2014

Customer since Oct 2014

Great massages, wonderful person

I was referred to Gina by a friend who also has Kaiser insurance. I've been going to see her now for 4 years. She's wonderful, strong, intuitive, and very nice. I would highly recommend her to anyone!

Oct 18, 2014

Customer since Mar 2013

Relaxing & Amazing!

Wonderful massage and energy work. Thank you for a great appointment, Gina! I feel more centered and relaxed. This has been my experience at each appointment. And it's been awhile but her prenatal massages were the best!

Sep 27, 2014

Customer since Mar 2011

Medicinal Massage

I've been seeing Gina since 2008, and I've had a number of wonderful massages over the years. This week, though, was the most medicinal I can recall. Perfect pressure, perfect motions, perfect timing...I needed it so badly, and I needed it to be perfect. I couldn't be happier...

Aug 28, 2014

Customer since Jul 2012

An enlightening experience

I came to Gina for a massage which I received and immensely enjoyed... but she also did some energy work, which was very powerful. I can't wait to schedule my next session.

Aug 28, 2014

Customer since Aug 2014

The best ever

Two days later and I'm still thinking of that massage from Gina James! I asked for a deep tissue massage. It hurt like hell, but my body has not felt this great in years. She knows what she is doing. Highly recommended!

Aug 10, 2014

Customer since Apr 2014

Personalized treatment

Gina is great at tailoring her services to meet the evolving needs of your body. She has helped me work through car accident injuries. She is accommodating and her hands are magic.

Jul 2, 2014

Customer since May 2014

Exactly what I needed.

I was looking for a deep-tissue massage and a thoroughly relaxing hour, and that's what I got from Gina James. As it was my first visit, she took the extra time to ask me what was going on in my life, pull some tarot-style cards and discuss what came up. She was very friendly and the atmosphere was welcoming; the massage was the perfect pressure and left me feeling much better than when I entered her office...

Jun 12, 2014

Customer since Jun 2014

My vantage point is shifted

Every time I visit Gina, I feel rejuvenated! Her patience, focus, intuition, and warmth offer an amazing respite from my stuck places. Her touch, questions, and deeply grounding reflection are so reassuring. Gina is amazing!

May 31, 2014

Customer since Dec 2013

Inspiring, Intuitive, Compassionate

Gina is a true and gifted healer. Always putting her client first, Gina is highly intuitive, very giving, and extremely kind. I have been raving about her to my friends and have been referring her to those that may need some healing, guidance, and/or understanding in their process. I highly highly recommend Gina! ~Anne

May 26, 2014

Customer since Mar 2014

Relaxing, Inspiring, and Meditative

Gina was very professional and exhibited a caring and experienced persona as she reviewed my medical history. During the massage she was both silent and supportive as I discussed what was going on for me. She gave me some ideas of how I could best nurture myself via massage and other self-care measures. I appreciated her genuine concern and experienced touch. I would recommend Gina James highly. Kym

May 11, 2014

Customer since May 2014

great experience

Gina was just wonderful. Helped me with my headaches. Will be a regular. Feel blessed to to know her.

Apr 12, 2014

Customer since Apr 2014

Gina's Great!

I have been going to Gina for reducing pain from a motor vehicle accident. She has been of tremendous help so far! I would highly recommend her services!

Apr 3, 2014

Customer since Mar 2014

Wonderful body and Energy Work

My experience was great. It ws thoughtful, thorough and addressed exactly what I needed. I highly recommend the experience to anyone want body work, healing an energy work.

Mar 27, 2014

Customer since Mar 2014

A great help

I was referred to F.T.M. by a trusted co-worker, massage was great took away my pain, thank goodness.

Mar 24, 2014

Customer since Mar 2014

The BEST

Already familiar with Gina's general massage methods and modalities, this time I had the pleasure of experiencing pre-natal massage it was AMAZING. Really helped with my hips and pelvis pain. Baby did a little dance during the cranial-sacral elements. And I felt like a soft, supple, melty queen of the mamaverse afterward. HIGHLY RECOMMEND!

Mar 20, 2014

Customer since Apr 2011

Simply Amazing!

I started seeing Gina about 3 years ago after a friend got me a gift certificate for my birthday. I have been seeing her regularly ever since. She instantly put me at ease. She's not only amazing with massage, but also caring, compassionate, and a great listener. I cannot recommend her enough!

Feb 5, 2014

Customer since Apr 2011

Gina James is incredible!

I've been seeing Gina for over 2.5 years and she has become an integral part of my self-care routine as a practitioner I trust completely and am thrilled to see each month! I echo the glowing reviews here by saying that she is a tremendously talented masseuse and healer--she seems to hit on exactly what I need without even me even knowing it!--and is also a wonderful listener and support. I am truly grateful to work with Gina and have recommended her to countless others.

Jan 23, 2014

Customer since Mar 2011

Absolutely Wonderful

Gina is exceptional at what she does. She listens carefully with her head, heart and hands. Her massages are performed with intelligence and deep care. She does everything in her power to help you feel comfortable and relaxed. I have been given gift certificates for other massages in Portland, but none of them compare in quality to Gina's. Hers are the best!

Jan 19, 2014

Customer since Jun 2012

Massage

Gina is the best. I originally had met her when she was doing some work for a local hospital. After she left I tried a few massage therapists closer to my home, but the results weren't as good. So I looked Gina up again and am so happy I did.

Jan 12, 2014

Customer since Dec 2012

Incredible.

I can't believe how much Gina was able to do for me (in my body, my brains, and my deep-down spirit) in just one hour. It was clear from the first moment that she knew what she was doing on every level, and that I couldn't have been in better hands. I'd had very few experiences with massage before Gina; now I can't wait for more...!

Dec 3, 2013

Customer since Nov 2013

No need to look further~!

Gina is a wonderful masseuse and provides high quality body work. I am completely comfortable with her and always look forward to my massages, as they are both physically and mentally supportive within a busy world and work week. Post car wreck, I have sought her advice and care and come out with wonderful results. I have no need to look further- she's totally my favorite!

Nov 16, 2013

Customer since Jul 2011

5 years of outstanding care

Gina has been my primary massage therapist for over five years and she has never been anything but healing, loving and kind. I will continue seeing Gina as long as we're both in Portland:)

Oct 23, 2013

Customer since Jul 2012

Gina is wonderful!

Gina is so in tune to her clients, and really provides a wonderfully soothing atmosphere for relaxation of both mind and body. It amazes me how energized and renewed I am after every session!

Oct 18, 2013

Customer since Oct 2012

Gina is a wonderful presence

I appreciate very much Gina's gentle, supportive, and positive way of providing insight and guidance. I have found her insights to be extremely helpful to my ongoing growth as a person.

Sep 15, 2013

Customer since Jul 2012

I can sleep now!

Had a craniosacral massage by Gina as I'm 6 weeks pregnant and couldn't sleep for the last 3 weeks. I slept so well last night, I'm so thankful for her work. I highly recommend this type of massage! Thank you Gina:)

Aug 8, 2013

Customer since Aug 2013

Sets the standard for what a massage should be

Gina is great. She provides a quiet relaxing massage that always leaves me feeling great. Professional, well grounded. A+

Jun 20, 2013

Customer since Mar 2012

Gina is the best!

I'm so glad to come back to see Gina now that she's downstairs where I can get to her. She is awesome! She always makes me feel so much better.

Jun 5, 2013

Customer since Mar 2011

Love Her!

I've been seeing Gina for 1.5 yrs now for body massages and going anywhere else would feel like I'm cheating. She's definitely worth your time if you're looking to heal, relax, or enhance your energy.

Jun 3, 2013

Customer since Jul 2012

Gina is Amazing

So talented. I have referred many to her. Amazing breadth and depth! Highly recommended. She is a central element of my support team.

May 29, 2013

Customer since Dec 2012

Healing and relaxation

No matter the ailment I arrive with, I always leave Gina feeling grounded, peaceful, and pain free!!

May 28, 2013

Customer since Apr 2011

gifted healer

I can't say enough good things about working with Gina. She is sensitive, insightful and just a wonderful healer. Her energy work is really special.

May 26, 2013

Customer since Apr 2012

Spectacular!

As always, a massage from Gina sends me into a realm of alternate bliss-reality. She is truly gifted beyond belief!

Feb 16, 2013

Customer since Apr 2011

Gina James Thai massage

Gina did a great job of bending my body into shape. She used multiple techniques but still kept to the heart of the massage.

Feb 14, 2013

Customer since Jan 2013

Gina James Massage

Wonderful. Very professional and caring. Gina kept conversation with me and really seemed to care about my overall well being.

Jan 26, 2013

Customer since Jan 2013

pain reduction

i just went to see Gina for a very painful shoulder due to over usage. Her massage was wonderful. i had a break from the constant pain on the massage table. That was such a relief. She has a great sense of touch.

Jan 16, 2013

Customer since May 2011

Exactly what I needed...

Gina is a highly skilled practitioner. I've been lucky enough to receive massage and Reiki from Gina for a number of years now. I feel relaxed, revitalized, and cared for after every session.

Dec 31, 2012

Customer since Apr 2011

So Relaxed...

I've had plenty of massages before but my recent experience with Gina was one of the best. She has a very comforting presence and the massage was exactly what I needed. Looking forward to coming back on a regular basis!

Nov 28, 2012

Customer since Nov 2012

Tough Love from Gina

I'm a runner, and Gina is not timid about working out all the knots and knurls that are a result of the miles I put in, though she is incredibly kind while she does it. She chats with me about my life, my animals, and anything else while she works -- I think to keep my mind off what she's doing to my IT band. Without her, I'd be a

knotted ball of muscle; with her, I can keep running and running and running.

Nov 16, 2012

Customer since May 2012

Amazing work

Gina's work is profound in all senses of the word. She has the capacity to work through all the layers of body, mind and spirit to uncover the healing that can happen on the deepest of levels if you are ready for it. She is one of the best and most well-versed practitioners I have ever had the pleasure of working with.

Sep 15, 2012

Customer since Sep 2012

Gina James is Amazing!

This was my first massage with Gina and it was by far the best one I've ever had! She is professional, highly skilled, gentle and intuitive. It wasn't just a massage, it was a wonderful, spiritual experience. I'd give her more stars if I could.

Aug 13, 2012

Customer since Jul 2012

Gina James, A+

I've been seeing Gina for years. She is the only one who can massage my terrifically tight muscles deeply enough to make any difference. I recommend her to people all the time. A skilled pro, and so pleasant. She makes the whole experience comfortable.

Jul 30, 2012

Customer since Mar 2012

Wonderful,

Highly recommend! I stand 10 hours a day and all my joints are in constant use twisting and turning. Gina's experience with skeletal massage and joint manipulation relieved all my aches. I felt very stiff prior and now 5 days after my session my joints still feel loose.

Jun 27, 2012

Customer since Jun 2012

Thumbs up!

I don't normally write reviews but after going to Gina for a multilevel massage I feel compelled to acknowledge Gina and her gift of healing and relaxation. I can't wait for my next appointment!

May 30, 2012

Customer since May 2012

Love me some Gina...

I love Gina, she is the best massage therapist I've ever had! She is thoughtful, kind, funny, and DARN good at

what she does!

May 23, 2012

Customer since Mar 2011

a relaxing centering experience

gina does work with me at many different levels depending on the need for that session. she is kind, supportive, helpful. space she has created is always very harmonious and relaxing. she helps heal at many levels.

May 22, 2012

Customer since May 2011

amazing

Portland is lucky to have this talented practitioner and healer. Gina is pretty amazing, and works on numerous levels. Highly recommended!

May 21, 2012

Customer since Apr 2012

Compassion, commitment and expertise

Gina has been an essential part of my ongoing recovery from a motor vehicle accident. Her extraordinary skills as a massage therapist have brought me significant relief from pain and towards a deeper level of recovery. She has created a remarkable space for healing and her skills, intuition and ability to help you create an integrative strategy for restoring body and spirit have been invaluable. Thank you, Gina!

May 18, 2012

Customer since Dec 2011

Gina James is the Best!

I have seen Gina James for over 8 years, and she is an amazing massage therapist! In addition, she provides an atmosphere of calm and serenity in which you can be present in the moment, allowing welcome respite from the fast pace of today's world. She is truly a master of her craft, and an exceptionally kind and respectful woman. I consider Gina to be one of the gems of Portland, and highly recommend her to calm and care for your body and spirit.

Mar 25, 2012

Customer since Aug 2011

Amazing

Gina is an amazing massage therapist. She is kind and professional and incredibly good at what she does. I have always been very comfortable with her and felt amazing after her massages. I have recommended her to friends and will continue to go back to her.

Mar 16, 2012

Customer since Apr 2011

Excellent Experience!

Gina does a phenomenal job... both in terms of pain/stress relief and relaxation. A recent prenatal appointment was perfect. My hips and back feel the best they've felt in weeks.

Mar 14, 2012

Customer since Mar 2011

Awesome Massage

Gina was awesome. I had a wonderful time and the massage was great. The atmosphere was so calming and relaxing. She spends time with you before the massage getting to know who you are and the area's that are in really need of being worked on. My son and I are both scheduled for a few more appointments

Mar 10, 2012

Customer since Mar 2012

a sacred experience

Gina is a truly gifted healer. I have known her for about 4 or 5 years and trust her to provide stellar service, regardless of what my goals are for the session. Her work is intuitive, responsive to client need and feels deeply sacred. I have referred many people to Gina over the years and have tremendous respect and gratitude for what she has provided my body and spirit over the years.

Jan 30, 2012

Customer since Jan 2012

Really Fixed Me Up

I have had ongoing problems with my back for years. I really love to be active, but pain was often keeping me from my favorite activities. I went to about three other therapist before I found Gina. I can't recommend her more highly! She really listens and has fixed me up. I am so happy to be more active again and have less pain. Her massages help with my workouts too.

Jan 4, 2012

Customer since Jan 2012

gina is amazing!

I have been seeing Gina for a few years now. I have had a couple massage therapists over the years, but she is the one I keep coming back to. She is interested in not only my physical well-being, but also in my emotional and spiritual state. She also has a great memory and asks me about events that had been coming up at my last appointment, sometimes 6 months or more ago! All in all, she is an excellent healer and I highly recommend her for some emotional and musculoskeletal release!

Dec 16, 2011

Customer since Dec 2011

Total Wellbeing

Gina is a master. Her hands and heart work magic. As a runner, I appreciate her in-depth knowledge of the musculoskeletal system and how to address my particular aches and pains. I always feel renewed and re-energized after her bodywork sessions.

Dec 16, 2011

Customer since Mar 2011

Excellent Integrated Care

I was very pleased with the care I received at Freedom to Move. This was my first experience with massage therapy and it proved to be a very satisfying one. Gina not only spent time to understand the nature of my injuries from the motor vehicle accident but to have a solid grasp of my whole health history. As a result, she provided care that addressed my issues in an integrated way. She is knowledgeable, effective and provides a supportive space for healing.

Dec 12, 2011

Customer since Dec 2011

Lovely

Gina is a wonderful healer. She has a soft yet strong presence that comes through in her work. She is a listener, healing through issues that manifest physically, but whose roots are emotional and spiritual. She is professional and flexible at the same time. And within all of this she has great boundaries. Very intuitive and thoughtful work.

Nov 6, 2011

Customer since Oct 2011

Great Service

Excellent Professional Talented Medical Massage. Targeted problem areas, relieved pain greatly. Very warm, caring well trained masseuse. I will definitely keep seeing Gina at least one a month for ongoing pain management.

Sep 7, 2011

Customer since Sep 2011

A wonderful experience

Gina is a gifted practitioner, who shares her healing talents with each client. I felt so nurtured and cared for. Life can get so busy, it is such a relief to take a moment and find a place of healing, on all levels. Great experience

Sep 3, 2011

Customer since Aug 2011

Excellent massage and overall care

I had a wonderful experience at Freedom to Move. Gina was very thorough during the intake and was able to encapsulate my primary issues. I left feeling relaxed and confident in the tools that she gave me to continue my healing at home. I will certainly return to Freedom To Move. Thanks

Aug 29, 2011

Customer since Apr 2011

Deep Healing

For ten years Gina has been there to gently, but persistently pursued the lumps, knot and rope tight muscles throughout my body. Her insight and knowledge of the human body as well as her ability to listen and guide me to the frequent emotional connection between mind and body are a powerful combination.

Aug 24, 2011

Customer since Jul 2011

Are You Kidding Me

Every time I leave a massage by Gina, I feel like a new man - in body, mind and soul. As a struggling father, husband, desk worker and weekend warrior in my mid-40's, I have little time to stop to figure out what is ailing me. When I meet with Gina, she has an innate ability to get to the root of the matter. I found her on Kaiser's list of alternative care providers, so I have a copay only for my visits. Amazing.

Aug 3, 2011

Customer since Jul 2011

Deep Healing

Gina is a true healer with profound intuitive gifts. She touched on the physical and emotional levels of my experience, but was also able to gently reveal their deeper, subtler source. Her natural compassion and warmth create a space that's feels very safe, a true sanctuary. Wonderful!

Jul 18, 2011

Customer since Jul 2011

Extremely Relaxing

Gina is amazing at what she does. She has a calming and relaxing presence and it's easy to move into another zone during a massage by her. She helped me get through my first pregnancy comfortably and now continues to help me through all of the minor aches and pains that accompany carrying a 25 pound baby around! After a massage by her, I feel so relaxed and rejuvenated. She is really wonderful.

Jun 22, 2011

Customer since Mar 2011

Very Nicely Done

Gina is great. I rely on her to keep me going strong. It is very healing, uplifting and relaxing. I have been a customer for a long time and will continue to be a customer for a long time.

Jun 9, 2011

Customer since Mar 2011

Lovely

The entire experience, from beginning to end, is rejuvenating. She is so welcoming and kind. Gina knows just what to do, or not do to make the experience comfortable and healing.

Jun 3, 2011

Customer since Apr 2011

Excellent as always

Sessions with Gina are always physically, mentally, and spiritually insightful and healing. She creates a safe environment for to allow the body and mind to escape the stresses and strains of the every day world. I highly recommend her services.

May 29, 2011

Customer since Mar 2011

amazing

Had the most intuitive treatment of some real chronic trouble areas. I had never had my shoulder manipulated like that before, and I could feel the difference in a big way after the 2 sessions I had with Gina.

Apr 11, 2011

Customer since Apr 2011

Excellence

Gina is a remarkable therapist. Her modality is not limited to massage per se. She treats the deeper personal issues that may manifest through physical symptoms. What is remarkable is her easy manner of evoking the material and fostering a secure surround for the exploration of sensitive matters. The device she employs for opening up unexpected pathways, the Tarot Card, has never failed to produce incredibly relevant associations. She spends this time with you before the massage.

Apr 8, 2011

Customer since Apr 2011
