

Francesca Barberio, 43, Italian. Moved to the United States 12 years ago and now residing in Punta Cana.

I was a licensed massage therapy in Italy for 14 years, When I moved to Virginia i got my certifications with NASM as a Personal trainer and as a Stretching and Flexibility Coach. I later obtained a certification in Thai Massage with Stretcha method and a Life Coach certification with IAP Carrer College with the focus on the emotional intelligence.

My approach integrates multiple aspect of well-being, such as physical fitness, mobility, pain management, and life coaching. I help clients to achieve pain-free movement, increase mobility and a stronger mindset. I specialize in improving physical performance, reducing pain and guiding client toward a balanced, healthier lifestyle-body and mind.

