



Amelia Ruley, LMT
Massage Therapist

Amelia's philosophy of care is centered around helping clients feel comfortable, relaxed, and cared for. She provides personalized, compassionate care tailored to each client's unique needs, intending to ease pain and discomfort, promote relaxation, and support overall well-being.

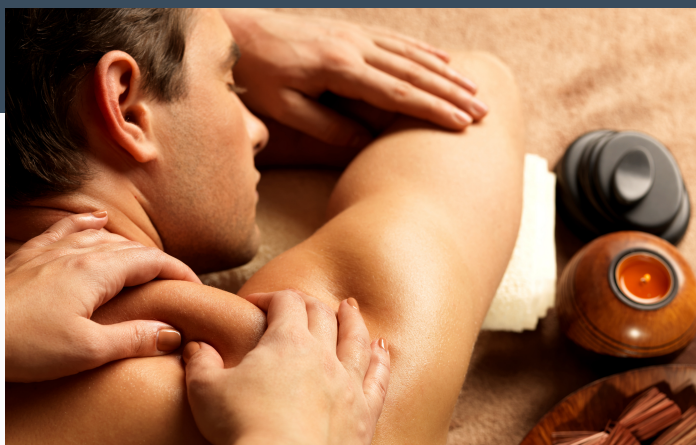
- Chronic & Acute Pain
- Pre/Post-natal Care
- Headaches/Migraines
- Muscle Sprains & Strains
- Hot Stone
- Frozen Shoulder
- Sciatica
- Carpal Tunnel

At Statera, we offer traditional medicine, holistic healing, fitness, and nutrition services to support your whole-person health and wellness—mind, body, and spirit. Our multidisciplinary team collaborates to provide individualized care tailored to your unique needs and goals.



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Amelia is a Licensed Massage Therapist who graduated from Carlson College of Massage Therapy in Anamosa, Iowa, in 2026. During her time at Carlson, she received extensive training in a variety of massage techniques designed to support clients with different needs and concerns.

I enjoy combining different techniques and levels of pressure to create a personalized experience for each client. I take the time to listen to my clients and understand what their bodies need, whether they are looking for relief from muscle tension and discomfort, a deeper sense of relaxation, or simply time to slow down and recharge. My goal is for every client to leave feeling more relaxed, comfortable, and cared for, knowing their individual needs were heard, valued, and respected.

Outside my practice, I enjoy spending time exploring my creative side. I love expressing myself through art, sewing, making music, and singing.



Statera Integrated Health & Wellness Solutions

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