



STATERA

Integrated Health & Wellness Solutions

Julie Haufe, LMT, Reiki Master
Licensed Massage Therapist

Julie's philosophy of care views the body as an integrated energetic and physical system. She fosters holistic healing that goes beyond what massage alone can achieve. Energy therapy, sound therapy, red light therapy, essential oils, and cupping have all positively impacted her clients' healing journeys, supporting the body in functioning optimally.

- Chronic & Acute Pain
- Headaches/Migraines
- Fibromyalgia
- Plantar Fasciitis
- Frozen Shoulder
- Muscle Sprains & Strains
- Carpal Tunnel
- Sciatica

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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Julie Haufe, LMT, Reiki Master



Julie Haufe is a licensed massage therapist with over two decades of experience. She has extensive education on Neural Reset Therapy®, Quantum Alignment Technique, Myofascial Release, Neuromuscular Re-education, Cranial Sacral Therapy, and TMJ Disorder. Julie is also educated in Trauma Neutralization Technique, Neurological Optimization, balancing acupuncture meridians, muscle testing, and the treatment of over 50 muscles for optimal performance.

Julie effectively reduces clients' pain thresholds through gentle manipulations based on physiological and neurological principles. She looks forward to ongoing advancements in the field of quantum physics and energy medicine and envisions these approaches one day standing alongside Western medicine.

My passion is helping others find relief through a variety of massage and energy techniques. Massage has evolved over the past few decades and is no longer just deep scrubbing and friction to address aches and pains. Every person is different, and I listen carefully to my clients' concerns, attune to subtle energy, and assess physical demands to determine what the body is asking for in treatment. My intention is always fully with the client during each session, with the goal of positively impacting all aspects of their health and well-being.



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