



YUDU SALONS™

**FOR IMMEDIATE RELEASE:**

November 15, 2019

**MEDIA CONTACT:**

Kelly Wert  
(614) 454-1312  
info@yudusalons.com

---

**CRYOSKIN TREATMENTS NOW AVAILABLE! WE WELCOME RACHEL CAIN**

**GAHANNA OHIO, November 15, 2019** - Welcome Mindful Moments Massage Therapist Rachel Cain Massage + CryoSkin + Health We are excited to announce Yudu Salons newest member Rachel Cain, owner of Mindful Moments Massage. Rachel comes to us many years experience in the massage and chiropractic industry. At Mindful Moments Massage the primary goal is to restore your ability to function, free you from pain and improve your overall health. In addition to massage, Rachel has also brought a new service to Yudu Salons called Cryoskin, which tones skin, reduces cellulite and eliminates fat cells. Owner and massage therapist, Rachel Cain's path began working with Oncology patients at The James Cancer Hospital in a clerical position. Having a desire to do more, she began to explore alternative ways to help others and started preparing for a career in Massage Therapy. Prior to opening her own practice, she has worked in both chiropractic and spa settings as a massage therapist and has gained much knowledge along the way. We love her passion and enthusiasm for helping others, wellness and Cryoskin treatments.

Although we feel each of our salon owners is special, Rachel brings a unique service to Yudu Salons. Rachel has gone to great lengths over the years to research and study massage. She specializes and is certified in a multitude of massage techniques. To take it one step further, she is trained in Oncology Massage and is a certified Oncology Massage Therapist from CSCC. Her services are not intended to treat cancer, but to be a part of a holistic approach and help ease the side effects of cancer treatments. Rachel is certified in the following massage related techniques and can provide a safe, compassionate and relaxing massage to help you or a loved one escape.

Oncology Massage Trigger Point Therapy Prenatal Hot Stone TMJ CryoSkin Reflexology in progress  
CROSKIN: SLIM + TONE+ LIFT We are thrilled that Rachel offers CRYOSKIN treatments here at Yudu Salons. So, What's Cryoskin? It is a non-invasive fat loss technology to help you shape the body you want. Cryoskin uses cold temperatures to reduce fat and stubborn cellulite. Customers usually lose over half an inch in the first session! Want to give your face a lift! A Cryoskin treatment for the face reduces the appearance of fine lines and wrinkles whilst boosting collagen and improving your skin.

You can reach Rachel and book online by going to her Yudu Salons page at <http://www.yudusalons.com/salon/mindful-moments-massage/>

or you may visit her website at <http://www.gahannamassage.com>

&nbsp;

---

Yudu Salons, The Community of Style, features Columbus' top independent image professionals. Our community of salons is located in the beautiful Creekside Plaza in old town Gahanna, surrounded by fantastic views of Big Walnut Creek, ornate water fountains and the Creekside Plaza. At Yudu, you will find all the services you need to sharpen your image and style.