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Meet: massage therapist Nourhy

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by Christy Bonstell, [Chicago Beauty and Health Examiner](#)



My son was 10lbs at birth. While that meant he slept through the night very early on, it also meant that by the time he was a year old he weighed close to 30 lbs and was nearly 3 ft tall. Which also meant taking him in and out of a crib, play-yard or car seat was murder on my back.

So I turned to help to help me find a massage therapist that was going to make a difference and that's where I found [Nourhy](#). Now, as a reporter, I have a tough time just being quiet and relaxing. I tend to conduct mini-interviews even when I'm off the clock. A question I often ask of people is how they ended up doing what they do. Nourhy's answer was so great I knew I had to write about it. Over a decade ago Nourhy was doing well for herself financially--she had the monetary wealth she desired, travel, fun--all the sorts of superficial goods we tend to want for yourselves as young people. Then, tragedy struck. She was hit by a drunk driver. At the hospital she was pronounced dead. It was then that she made a deal with herself and anything else that might be listing. She promised to make her life about something more worthwhile if only she could live.

And she did; though not easily. A year of painful recovery and physical therapy ensued. It was her doctor that suggested she consider getting a massage. During the second year of recovery she attended massage school.

"I realized there was so much more than they teach you," she says. "I wanted to learn more."

And so, she did her best (and continues to) to become an all-around healer, using herbs, Chakra, aromatherapy, acupressure and other modalities to help her clients. Unless, of course, you're not into that kind of thing. The great thing about Nourhy is her ability to switch on the holistic "talk" if you're into it, or shut it off if you're not. After all, the best way for healing to work, she says, is if you come at it with an open heart. And if the words "Chakra" or "cranial sacral" freak you out, then there's no reason to hear them.

"I have a lot of clients that are business people. I don't need to get into all that energy stuff," she says. After all, the result is still the same. "My intent is still to send them out feeling better than when they came in."

One of my favorite things about Nourhy's little home-like (but not home) studio is her dog Buster. Buster, who is an excellent judge of character, will sleep in the room when you get massage. His sweet snores remind tense folks like me to breathe.

Oh yeah, and my back feels great. Don't believe me? Check out her [Yelp](#) reviews for yourself.

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For the last decade Christy Bonstell has been reporting on health and beauty. She has an expensive bath product habit to support.

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