

FOR IMMEDIATE RELEASE

Biddeford residents launch massage therapy practice downtown

January 11, 2019, BIDDEFORD, MAINE -- Biddeford residents Sean Hasey and Chrystina Gastelum have opened a new massage therapy practice, Hark House, in downtown Biddeford, moving from their space in Portland. Together they have over 20 years of experience practicing massage and bodywork.

Hark House is located at 180 Main Street, a building owned by Gallagher's Rainbow (David & Carolyn Flood). The practice comprises two therapist-owners who are dedicated to providing high-quality therapeutic massage in Biddeford. Their work includes deep tissue, Swedish, Thai, Shiatsu and other modalities.

The name Hark House comes from the idea that as we recognize our bodies and listen, we can have more agency over our own comfort and function. "House" is the place where it happens and "hark," in its simplest definition, means "listen." Hark House helps to facilitate this experience in a meaningful, physical, and occasionally metaphysical manner. The therapist helps you to notice, or listen to, your body's more restricted areas and helps you to release that for improved mobility, strength, and ease.

Having lived in Biddeford (off and on) for over 15 years, Sean Hasey was ready to commit to bringing his practice—and some existing clients—to Biddeford. "While I've enjoyed my nearly two decades of working in Portland, the signs were clear that Biddeford was ready for us," Hasey remarked. Sean's therapeutic work is extraordinarily focused and specific. Clients remark that they feel more in their bodies and grounded after a session with Sean. Sean has been practicing massage since 2001.

Chrystina Gastelum moved to Biddeford nearly two years ago. "I love living in a more tight-knit community. I came to Maine in 2013 by way of New York City and I appreciate the opportunities Maine life has presented to me — including the opportunity to leave my job and go to massage school a few years ago! The body has always been fascinating to me and I am grateful every day for the knowledge I have and the profound way I get to use that in my work." While most massage sessions focus on limbs or back, Chrystina also enjoys working on the tissues in the face and works intra-orally (in the mouth) to relieve jaw tension and TMJ-related disorders. Prior to practicing massage, Chrystina worked in corporate sustainability and has been a trained yoga teacher since 2011. "I'm delighted that my Portland-based clients are curious about Biddeford and the burgeoning community we are developing and experiencing here."

In the last two years, the couple have become more involved in the local community including the Mission Hill Community Garden, working the voting polls, and events like Art Walk, Maker Faire, Confetti and many open mic nights.

This community involvement paved the way for their decision to bring their business to Biddeford.

While office hours are by appointment, Hark House has made a commitment to offer seated massage at the indoor Saco River Farmers Market at 40 Main Street each Saturday morning through the winter. For folks who like to meet their massage therapist before a full session, this is a great opportunity to combine trips and get a taste of their work. To learn more or book an appointment, please visit us at www.harkhouse.me.

Hark House will be hosting community meditations as well as workshops on massage for both practitioners and non-therapists in their space on Main Street and in collaboration with others in the area. They are eager to partner with other organizations and to help educate the community. Follow Hark House on Facebook (@harkhousemaine) and Instagram (@harkhouse) for specials, news and updates.

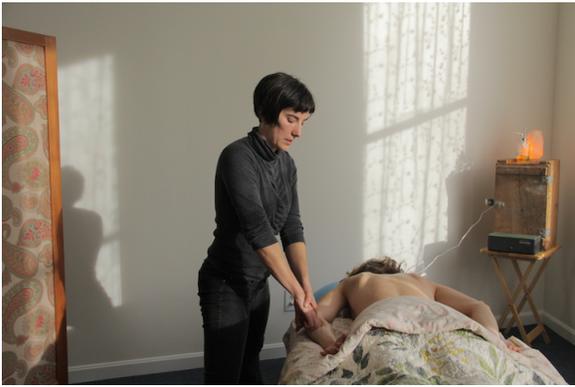
Contact:

Chrystina Gastelum

chrystina@harkhouse.me

207-558-2766





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