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Relaxation to go



Tom Pote

Age: 22

Job: Owner of Mobile Massage LLC

Hometown: Pitman

Worst injury: Broken pelvis in four places, fracture in lumbar spine (result of a car accident)

Favorite place in South Jersey: Casa de Coffee, Pitman

Best thing he's bought recently: A new Blackberry.

Music he's listening to: Anything from country to hip-hop, pop to rock.

Favorite subject in school: Anatomy & physiology

Q: A lot of guys would never get a massage. What would you tell them?

A: The skeptics still think of massage as something on the fringes. There's people who don't know exactly what it means to be a masseuse, the 1,000 hours in training to learn different techniques.

Q: Where did you get the idea for a mobile massage business?

A: I really liked the idea of being mobile. This is something totally different.

Q: What's the most important technique for giving a massage?

A: I would say it's tailoring the experience to the client. You work different techniques for different clients.

Q: What are the health benefits?

A: Massage is great for circulation, it increases lymph node circulation. It's also great for your skin ... it brings more nutrients to the muscles.

Q: What about that Seinfeld episode when Jerry's dating a massage therapist and drops hints for massages. Does that ever happen to you?

A: Once you say you're a massage therapist, everyone says 'Oh, really. I have this little crick in my neck.'

Q: Who massages you?

A: I utilize a lot of my employees. I send them to a class to learn new techniques, then I test them to see if they retained it.

... Jason Nark

If you want Tom Pote to massage you at work, visit www.mobilemassagellc.com.

Standard massages ... including relaxation, deep tissue, hot stone and more ... start at \$65 for an hour, customized massages are available.