

Body-Works Therapeutics

5.0 ★★★★★ | 72 Reviews | 33 ♥

Massage Therapists, Yoga Instructors



These reviews are from verified customers of this business.

★★★★★

Professional

She did a fantastic job! She has experience working in a hospital setting so with the virus going around she did a FANTASTIC job making sure to have a sterile environment but also a comfortable environment. Not to mention the massage was AMAZING!

H.C. Mar 17, 2020

Customer since Mar 2020

★★★★★

Excellent massage and also showed me some stretches for my back.

Karen took her time on my back and worked out some nasty knots and also showed me some stretches to help my shoulders and back and hips. It was very relaxing and rejuvenating.

Toby G Oct 3, 2019

Customer since Oct 2019

★★★★★

Awesome massage!!

Karen was great, asked questions about what my needs were and the setting was calm, comfortable and very relaxing. I highly recommend her!

Kelsey Vandersteen Sep 13, 2019

Customer since Apr 2018

★★★★★

Great experience!

Karen does an incredible job! My Thai massage was very thorough and she thoughtfully worked on the areas where I had the least flexibility. Will definitely be returning and highly recommend!

Brian Callahan Jun 18, 2019

Customer since May 2019

★★★★★

Strongly Recommend Body-Works Therapeutics

Karen is excellent - v knowledgeable, pleasant and professional. Helping me get over a back injury - I rate her highly.

Mark M May 8, 2019

Customer since Apr 2019

★★★★★

Well worth the time and money

Karen is very gifted, and really helps me reset. When I'm able, I prioritize this as a monthly visit.

Gail C Mar 27, 2019

Customer since Jul 2016

★★★★★

Highly Recommend

I've been to Karen quite a few times throughout the past few months and she has done such a great job customizing the massage to my needs as well as working around some of my medical conditions. I would highly recommend her to anyone.

N.E. Dec 20, 2018

Customer since Aug 2018

★★★★★

Highly Recommend

Karen gives the best massages. I walk out feeling like I can breathe and smell more deeply. The soreness and tension in my muscles fade away and my mind is able to relax. I am so grateful for Karen and recommend her services to anyone who is looking for a quality massage.

R.M. Dec 15, 2018

Customer since Jun 2017

**Highly recommended**

Karen provides an excellent and relaxing massage. She is calm, thoughtful, and listens. She can give you good feedback about the way your body reacts. You won't regret going.

Christopher L Dec 13, 2018

Customer since Apr 2014

**Great massage - customized for you**

Karen is wonderful. I met her while she was teaching yoga and now go to her for massage. She is very skilled and her massage is tailored to your needs and that's what I love.

M.E. Oct 28, 2018

Customer since Sep 2018

**Look no further for a great massage**

Karen's home massage room was warm and inviting. She exudes calm and wellness and offered good advice for stretches to help prevent discomfort. The massage was one of the best I've had - relaxing and thorough with just the right amount of pressure to work out knots and tight spots. Her rates are very reasonable and I look forward to my next visit.

E.W. Oct 18, 2018

Customer since Oct 2018

**Excellent massage**

The massage was just the right pressure, and so very therapeutic. I plan to go regularly. thank you!

Yvonne Sadler Sep 19, 2018

Customer since Jul 2018

**Great experience**

Karen was so great and really worked with me to help with my shoulder pain. I would highly recommend her as a massage therapist!

N.E. Aug 9, 2018

Customer since Aug 2018

**So helpful!**

My neck, shoulders, and upper back were extremely tight and giving me terrible headaches. Karen did a fantastic job of working through all the tension and tightness and I feel so much better!

B.V. Jun 24, 2018

Customer since Jun 2018

**Highly Recommend!**

Karen is a gem. Not only is she a wonderful person, she also gives the best massages. She knows the right way to untangle my neck, shoulders, back, and areas where I didn't even know I was holding tension. Worth every penny.

Rachel M Apr 26, 2018

Customer since Jun 2017

**Superb**

Karen did a wonderful job listening to my concerns and focusing on the areas that were troubling me. Quiet, calm, warm environment and perfect amount of pressure with regular check ins to make sure it was still appropriate for me. Highly recommended!

Kelsey V Apr 15, 2018

Customer since Apr 2018

★★★★★

Feeling great

what a wonderful massage. The best I've had in years. And feeling great today today. If you're ever feeling achy I suggest seeing Karen before a medical doctor. Sometimes a massage is all you need.

Jan T Feb 3, 2018

Customer since Feb 2018

★★★★★

Very helpful!

Karen was great! I had a really tight and nagging pain in my shoulder. She released a bunch of trigger points and freed my arm back up. She also worked out some kinks in my legs. She sat down ahead of time and made a clear plan for our session.

S.B. Jan 25, 2018

Customer since Jan 2018

★★★★★

60 minute madsage

Gentle, kind very knowledgeable I like the yoga classes as well. The individual work has helped me learn about spine pain . I have made some significant improvements

N.L. Nov 16, 2017

Customer since Jan 2017

★★★★★

Excellent massage

I went to Karen several times and she always gives excellent massages. She is very knowledgeable and uses the perfect amount of pressure. I would highly recommend her.

M.S. Nov 3, 2017

Customer since Jul 2016

★★★★★

New to the area

I had seen the same massage therapist for deep tissue, myofascial release & Cranio Sacral massage for years in the Chicago area. Being new to the area I had to do quite a bit of on-line looking for someone I felt was comparable. I read Karen's bio and it seemed like a good fit based on her extensive background. She is great and immediately picked up on my "issue spots" and went to work. She was kind enough to mention the discount she offers when you buy a group of massages. I'll be back!

K.J. Oct 19, 2017

Customer since Oct 2017

★★★★★

Highly Recommend

Karen's massages are always of high quality. She knows how to alleviate my neck and shoulder pain and I always leave feeling so relieved and relaxed and grateful. It's clear she enjoys what she does and she is also very skilled.

R.M. Sep 26, 2017

Customer since Jun 2017

★★★★★

Great find

Karen is simply amazing! I've had pretty bad knots in my shoulders (my left one would simply go up on it's on when I was not paying attention) and after her magic touch I feel like my body is back to how it should be. She combines gentle strokes with pretty intense pressure, so her massage is relaxing and therapeutic at the same time. Highly recommended!

Alexandra K Aug 7, 2017

Customer since Aug 2017

★★★★★

Excellent Massage.

Fabulous massage from Karen. She is very knowledgeable and uses the perfect amount of pressure. Prices are reasonable. I would highly recommend her!!

MS Aug 3, 2017

Customer since Jul 2016

★★★★★

Great Massage

I recently went to Karen for a massage and she really worked some magic on my neck and back. I'll be returning for additional massages in the coming weeks and recommend her skills to others.

Rachel Jun 20, 2017

Customer since Jun 2017

★★★★★

Very Knowledgeable Massage Therapist

Karen is very knowledgeable and did a great job for me. She knows how to proceed with a massage for me based on my answers to her questions. She understands how complex medical issues can interfere with massage and how to prevent potential problems. I'm giving her 4 out of 5 because her table & sheets aren't as comfortable as I'm used to. Otherwise I'm sure she will be able to do an excellent job for just about anyone looking for a good massage with or without medical problems.

b.p. Jun 15, 2017

Customer since Jun 2017

★★★★★

Wonderful

Have been going to Karen for years and look forward to every visit. I feel so relaxed and re energized after a great massage and additional stretching activities. I can't talk enough to my buddies to get them to try a massage therapy

Dave A Mar 28, 2017

Customer since May 2015

★★★★★

Amazing!

Karen is very knowledgeable in her profession. She is helping to ease my anxiety and back pain with stretching and breathing techniques that I can continue to work on outside my appts. to improve. I like her available schedule and ability to book my own appts. The environment is clean, modern and so very relaxing. Best place in the Middleton/Madison area! I highly recommend.

Shari Feb 21, 2017

Customer since Feb 2017

★★★★★

Exceptional therapeutic massage

Have had 3 sessions with Karen; she is professional and highly technically skilled. She does not take any short cuts, and I appreciate the effort she makes to provide outstanding service. Environment is pleasant, clean, and fosters relaxation with soothing background music.

David Black Jan 23, 2017

Customer since Oct 2016

★★★★★

Karen is very skilled

I have had four sessions with Karen and she really knows her stuff! The environment is soothing and it is so easy to make an appointment. Thanks, Karen!

L.Y. Jan 16, 2017

Customer since Oct 2016

★★★★★

Exceptional therapeutic massage

Karen Parker provided welcomed professional information and was a master at providing an expert massage.

David Black Jan 2, 2017

Customer since Oct 2016

★★★★★

Great masage

Exceptional service and very knowledgeable. I never felt so relaxed and stress free. I recommend to anyone looking for a help with back or neck pain.

Ian M Nov 23, 2016

Customer since Oct 2016

★★★★★

Freed My Stiff Neck

I have a chronic stiff neck from arthritic stenosis and Karen did her magic on it with her hands and feet and determination. Four days later my neck still has increased range of motion.

NELSON EISMAN Nov 13, 2016

Customer since Dec 2015



Very Knowledgeable Therapist

Karen is a very knowledgeable therapist. She does a great job and she's a great resource; full of new ideas!

LouAnn H Oct 27, 2016

Customer since Jul 2016



Relief of lower back pain

I just had my first session with Karen this past week. Have had an issue with lower back pain for the past 2 1/2 years with associated pain in legs and feet. Karen was very professional in her assessment of ways massage could help relieve the tightness in my lower extremities. After one treatment and doing related exercises she suggested at home have been much more comfortable and flexible for the past week. Very impressed. Will definitely be coming back.

M.R. Sep 7, 2016

Customer since Aug 2016



Massage with Karen

I would highly recommend a deep tissue massage with Karen. She is excellent at working out problem areas. You will leave feeling great!

Teresa R Aug 27, 2016

Customer since Aug 2016



90 min massage

I had a 90 minute massage with Karen that was outstanding. She has strong hands and gets deep into the muscle. She also provided me stretching tips as well. I will definitely be back for another massage

M.S. Jul 24, 2016

Customer since Jul 2016



Helpful in resolving physical issues.

Karen was was quick to understand my pain issues, knowledgable in resolving the root causes and proactive in presenting a stretching regimen that has been helpful.

J.C. Jun 20, 2016

Customer since Jun 2016



Thai Massage Update

Now I have had six sessions and am going to sign up for another series of three, for which Karen offers a generous discount. I appreciate how Karen varies the exercises in each session to try new things and stretch more areas more thoroughly. She puts incredible effort into her work. I am 72 and have pretty serious arthritis. Since I began seeing Karen I feel well enough to do yoga every day and I have lost 10 pounds.

Nelson Eisman Jun 7, 2016

Customer since Dec 2015



Amazing Massage

Karen is absolutely amazing! She combines useful stretching techniques with deep tissue massage and pressure points that will release all your tension. She's also great at relieving pain from workout/sports related soreness. I always come out of a session with her feeling revived and relaxed.

S.D. May 23, 2016

Customer since Apr 2016



frozen shoulder

another awesome massage from Karen. I left aching less and feeling better. Karen knows exactly what needs to be done to make the pain go away. Thank you Karen

dagmar vanek May 4, 2016

Customer since Jan 2016

★★★★★

Very pleased with massage

Karen did a thorough job on my ham strings and opening up my hips. She knew exactly the right technique to use on an older bicyclist. Karen gave me some ideas on some stretching positions that I can do at home. She herself is an avid cyclist so that gave me a lot of confidence. I will be seeing her again soon. Fellow BBC members should be taking advantage of her work.

D P Apr 21, 2016

Customer since Apr 2016

★★★★★

Thai massage

I had my first session with Karen Parker this past weekend - 60 minute Thai yoga massage. It was absolutely wonderful. I am starting to train for a 13 mile run in May and needed the stretching that Thai yoga massage is so good at. Karen is excellent and she also gave me tips to stretch with yoga moves while I am at work since I am sitting most of the time. I am definitely coming back for further sessions.

Karen D Feb 29, 2016

Customer since Feb 2016

★★★★★

Thai Massage with Karen Parker

After three sessions I appreciate how Karen is tuning into my problem areas and limitations. She goes after problems, checking with me for comfort level, respects my limits and helps me expand my possibilities. I came to my last session really sore from snow shoveling and I left feeling much better. I especially recommend Karen for yoga practitioners. After just three sessions I am doing postures I haven't done in years. I am signing up for another round of discount session.

Nelson Eisman Feb 17, 2016

Customer since Dec 2015

★★★★★

Just what I needed!

Karen gives one amazing message! Highly recommended. She released all my trigger points, which felt amazing! She also was able to get all my knots out. I left feeling so much better & relaxed. I will be back!

E.M. Feb 1, 2016

Customer since Jan 2016

★★★★★

frozen shoulder

Karen was fantastic while helping my body feel better and setting my goals to work on getting my shoulder to loosen up and have it mobile again. Thank you Karen, you are great!

dagmar vanek Jan 20, 2016

Customer since Jan 2016

★★★★★

Great massage

Karen did an excellent job. Very, very happy. Was able to address several issues I've had for some time which other therapists hadn't.

K.L. Jan 20, 2016

Customer since Jan 2016

★★★★★

Thai Massage

Karen Parker gave me a very professional 90-minute Thai massage. She frequently checked with me to make sure I was comfortable with the extensions and pressures being applied. After the session I signed up for a package of future sessions at a considerable discount.

Nelson Eisman Dec 8, 2015

Customer since Dec 2015

★★★★★

Awesome

I was aching from head to toe & luckily got in to see Karen. As usual her massage was wonderful relaxing tight muscles and got me back on my feet. Can't wait to go again next week☐☐☐

Dave A Dec 2, 2015

Customer since May 2015

★★★★★

Really helpful

I've been dealing with discomfort from sciatica and asked Karen to recommend some steps to take. The first session of deep massage was quite helpful, and I'm looking forward to continuing to work with her on this.

C.M. Nov 3, 2015

Customer since Nov 2015

★★★★★

THE BEST

Had been putting off getting in for a Massage and now wonder why I waited. Had a great Massage and muscle tension release signed up for two more sessions.

Dave A Oct 24, 2015

Customer since May 2015

★★★★★

First experience

I've only ever had two other neuro/deep tissue massage before, but my experience with Karen told me she has broad knowledge and history. She performed some techniques the previous masseuse did not that I felt tension relief from that I had set in the back of my mind and did not think about until she hit the knot. I'm fairly certain I will be making another appointment.

Fred Peterson Aug 20, 2015

Customer since Aug 2015

★★★★★

Great Massage and great provider

Keren is wonderful. I am lucky to find her. I suffer from back pain a lot. She really helps to release the tension. And the experience is very relaxing, unlike some of the painful therapy I had. I have been going to her regularly for a few months, and will continue to do so.

J.A. Jun 17, 2015

Customer since Jan 2015

★★★★★

So happy to find Karen!

I hadn't had a Thai Massage in a long time. After searching for a Therapist, I'm so glad I found Karen. She has years of experience in her practice as a Therapist in Thai and massage in general. I'm looking forward to our next session.

L.s. Jun 11, 2015

Customer since Jun 2015

★★★★★

never felt better after a treatment

As I get older, I'm progressively losing flexibility. Karen's multidisplinary approach really helps. I notice improvement after each treatment.

steve k Jun 10, 2015

Customer since May 2015

★★★★★

Relaxation at it's best

Karen's magical fingers did wonders for tight should muscles and the relief was great. I automatically signed up for more visits and look forward to my next massage.

Dave Anderson May 13, 2015

Customer since May 2015

★★★★★

Ready to keep running

I run 35-40 miles a week. Plus lift weights and swim. I'm also 66. So I get stiff and achey. Karen helps keep me loose and injury free.

Vicky Mar 29, 2015

Customer since Jul 2013

★★★★★

Relief is not far away!

Karen found so many tight areas that needed relief! Her massage is definitely therapeutic and given with a lot of understanding how the body works with individual care for her clients. I look forward to working with Karen and learning how to better relax between visits!

Dee W Mar 1, 2015

Customer since Feb 2015



effective massage

thoughtful and effective massage on multiple occasions. very helpful for back pain. finds all the trigger points!

Cathy B Feb 18, 2015

Customer since Oct 2013



Relief!

I run hard every day. My legs get achey and tired. Karen really helps keep me loose and relaxed. I can workout longer and harder because of Karen.

T.V. Feb 12, 2015

Customer since Jul 2013



Health issues be damned!

I'd been struggling with health issues for weeks. I'd had a headache the whole time. My massage made the headache disappear and I've been on the upswing since my appointment. Granted, the medication may play a part, but the massage made the stress of being ill go away and facilitated the recovery. I feel great days later and look forward to my next appointment.

John Rinehart Jan 22, 2015

Customer since Dec 2014



great massage

I have arthritis in my neck and she did a great job alleviating the pain. It has been 2 days now and still feels great.

dee w Jan 8, 2015

Customer since Dec 2014



Awesome!

This was my first time with Karen. She listened to what my trouble areas were and did a wonderful job. I see a chiropractor regularly and she was pleased with my results of the adjustment she gave me even after having my massage 2 days earlier

Susan C Nov 22, 2014

Customer since Nov 2014



very pleased

Karen was very nice and I felt much better after I left her. I had a 90 min Thai Massage. It was more of a stretching of my muscles than a rubbing, which I really needed. I never felt uncomfortable and Karen was very attentive to what my body needed and could handle.

Mona C Nov 16, 2014

Customer since Nov 2014



Body-Works Therapeutics

Karen Parker's 90 minute thai massage is the best massage I have experienced. A great stretch that invigorates you at a very reasonable price.

t.p. Sep 16, 2014

Customer since Jun 2014



Great massage

This is my 2nd massage from Karen. I find her to be very good and attentive to individual needs. She listens carefully to what you tell her and adjusts her focus appropriately. I will certainly be back. I also like being able to schedule online.

Christopher Lee Aug 22, 2014

Customer since Apr 2014

★★★★★

I feel so much better!

I work out hard and also have a lot of personal stress. Karen keeps me feeling on top of things. My headaches are almost non-existent.

T.V. Aug 14, 2014

Customer since Jul 2013

★★★★★

Karen's great!

Karen is a friendly, knowledgeable, and skilled therapist. She has great ideas for take-home self care and stretches. I highly recommend her!

Greta L Aug 4, 2014

Customer since Oct 2013

★★★★★

Great Job, Karen

Karen has been my go-to person for working out the kinks, loosening the limbs, and allowing my muscles and tendons to function at their peak performance. Working out trigger points and releasing stress and tension that affect my shoulders and neck is a relief for both my mind and body. Massage isn't just a treat, it's a necessity that every body will benefit from.

Lisa B May 23, 2014

Customer since Feb 2014

★★★★★

Massage

I can use my left arm again. I had injured it in a fall. Karen worked to release very sore tight muscles and gave me stretches to do on my own. Success!! She really cares about her clients.

T.V. Apr 3, 2014

Customer since Jul 2013

★★★★★

Great Bodywork, Great Space

Karen was very thorough, calming, and professional. Her experience was apparent, as she addressed all my needs with little verbal guidance. Particularly good work on head & neck, hands & feet. Her office is a soothing space, conveniently located. Thanks!

Robb Seal Apr 2, 2014

Customer since Mar 2014

★★★★★

massage therapy with Karen

I've been receiving massage therapy from Karen over the past year. Due to my own physical challenges with structural imbalances resulting in very tight muscles and significant pain, massage has been a useful tool over the past 20 years for retaining optimal function and comfort. Karen is extremely skilled in finding the places to work on to release muscle tension and allow my body to rebalance and regain easeful functioning.

Diana G Dec 5, 2013

Customer since Jul 2013