

Nichole A. Cross, LMT, LA

Founder & Clinical Director | Clinical Educator

The Body Mechanist | Human Restoration Institute
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Professional Summary

Nichole A. Cross is a dually licensed Massage Therapist and Licensed Aesthetician with more than 20 years of hands-on practice. She is the founder and Clinical Director of The Body Mechanist, a Human Restoration Practice in Wareham, Massachusetts, and the founder of Human Restoration Institute. Her work centers on assessment-based clinical care, neuromuscular and trigger point therapy, myofascial work, orthopedic assessment, neural and visceral manipulation, integumentary restoration, professional education, and clinical reasoning.

Her advanced education includes more than 650 hours of continuing education and 214 hours of fresh-tissue cadaver dissection. She has also served as adjunct faculty, a continuing-education teaching assistant, a business owner, and a long-term volunteer leader within the massage therapy profession.

Licensure & Professional Credentials

- Massachusetts Licensed Massage Therapist, License #3346.
- Massachusetts Licensed Aesthetician, License #7071257.
- American Massage Therapy Association member and long-term volunteer leader.
- More than 650 hours of continuing education, including 214 hours of fresh-tissue cadaver dissection.

Formal Education

Associate of Applied Science, Therapeutic Massage

Baker College of Clinton Township | Clinton Township, Michigan | Graduated 2005, magna cum laude

- 980-hour regionally accredited massage therapy program.
- Coursework included anatomy and physiology, pathology, massage and bodywork assessment, theory and application, business practices, hydrotherapy, ethics, psychology, general education, and clinical externship.

Aesthetics Licensure Education

Bojack's School of Aesthetics | Roxbury, Massachusetts | Graduated 2008

- Professional aesthetics education including skin analysis, facial techniques, waxing, and integumentary science.

Professional Experience

Founder & Clinical Director | The Body Mechanist | Wareham, Massachusetts | 2012 to Present

- Founded and leads a multi-practitioner Human Restoration Practice providing clinical care for body and skin.
- Developed the Human Restoration Method™, the shared clinical reasoning framework used to guide assessment and care.

- Developed Neuromuscular Restoration Therapy™ as the hands-on clinical application used within Clinical Massage.
- Provides clinical massage, neuromuscular and trigger point work, assessment-based manual therapy, skin restoration, and clinical grooming within professional scope.
- Leads practice standards, documentation, clinical continuity, team development, and practitioner handoffs.

Founder & Lead Instructor | Human Restoration Institute | Wareham, Massachusetts | 2026 to Present

- Develops continuing education for massage therapists in clinical practice, professional development, ethics, and applied technology.
- Created and delivered AI for Massage Practices: Restore Your Time, a 4 CE course, in May 2026.
- Develops Human Restoration Method™ and Neuromuscular Restoration Therapy™ educational content and future certification pathways.

Licensed Massage Therapist & Aesthetics Practitioner | Bella Boutique | Newton / Watertown, Massachusetts | 2006 to 2009; 2012 to 2014

- Provided therapeutic massage and aesthetics services across both licensed disciplines.
- Built an independent clientele while establishing The Body Mechanist during the second tenure.

Owner & Clinical Practitioner | Cross Therapies | Fayetteville, North Carolina | 2009 to 2012

- Founded and operated an independent massage therapy and aesthetics practice serving military and civilian clients near Fort Bragg.
- Provided neuromuscular therapy, therapeutic massage, and aesthetics as a sole practitioner.

Clinical Massage Therapist, Independent Contractor | Schultz Chiropractic | Fayetteville, North Carolina | 2010 to 2012

- Provided clinical massage in a chiropractic setting and worked alongside chiropractic staff in a medical-adjacent environment.

Licensed Massage Therapist & Aesthetics Student | Beyond Beauty | Newton, Massachusetts | 2006 to 2009

- Provided therapeutic massage while completing aesthetics licensure education.

Adjunct Faculty, Massage Therapy Program | Baker College of Clinton Township | 2005 to 2006

- Delivered hands-on and didactic instruction within the Therapeutic Massage program.
- Also delivered massage therapy content to nursing and allied health students.

Teaching Assistant, Continuing Education | MotionWise, under John Gifford | 2005 to 2006

- Assisted with live continuing education, hands-on instruction, participant observation, competency assessment, and clinical feedback.

Selected Advanced Clinical Training

Selected highlights from more than 650 hours of continuing education. Full transcript available upon request.

Anatomy, Cadaver Dissection & Advanced Science

- 214 hours of fresh-tissue cadaver dissection and anatomy laboratory education, including work with Joseph Muscolino and Gil Hedley and extensive lab training under Bonnie Thompson and Jim Pulciani.
- NM1: Neural Manipulation, Neuromeningeal Manipulation, Barral Institute, 18 hours, 2026.
- Visceral Dynamics: Integrative Approach to Understanding & Optimizing Organ Function, Lynn and Amy Teachworth, 21 hours, 2025.

Trigger Point & Neuromuscular Therapy

- Myopain Seminars Manual Trigger Point Therapy program, MTT 1 through MTT 3.
- Neuromuscular therapy education with Judy DeLany, LMT; Katie Adams, CNMTPT; and other advanced instructors.
- Bonnie Prudden trigger point and myotherapy lineage, a foundational influence on Nichole's clinical work.

Orthopedic Assessment & Manual Therapy

- Clinical Orthopedic Manual Therapy Skillset, Level 1 Orthopedic Assessment, Joseph Muscolino, 2025.
- Clinical Orthopedic Manual Therapy for the Low Back and Pelvis, Joseph Muscolino, 2019.
- Additional education in facial pain and headaches, shoulder girdle and upper extremity work, and complex elbow, wrist, and hand presentations.

Ethics, Consent & Professional Practice

- Introduction to Trauma Informed Consent, Erica Grossman, LMT, 2025.
- Continuing education in ethics, professional boundaries, business practice, and clinical communication.

Professional Leadership & Service

- President, AMTA Massachusetts Chapter, currently serving a third term.
- Long-term AMTA Massachusetts volunteer leadership and government-relations advocacy.
- Experience with professional association governance, legislative advocacy, conference planning, member education, and volunteer leadership.

Movement & Athletic Background

- Basketball and field hockey.
- Fort Bragg Women's Rugby Club.
- Eighteen years of Mixed Martial Arts training with Mike Gresh, known as Loco Lobo, affiliated with Daniel Gracie Academy.
- Dance training at Studio 721 and Center Stage Dance Academy.

Curriculum & Educational Development

- Human Restoration Method™.
- Neuromuscular Restoration Therapy™.
- AI for Massage Practices: Restore Your Time, 4 CE live course.
- AI for MT Practices: Restore Your Time, digital educational guide.
- Ongoing development of clinical reasoning, ethics, treatment design, and professional education materials.

Professional Affiliations

- American Massage Therapy Association.
- The Body Mechanist, Founder & Clinical Director.
- Human Restoration Institute, Founder & Director.

Additional Documentation

Full continuing education transcript, licenses, certificates, and professional references are available upon request.