



NENRIKI THERAPY

MEET FAITH SMASH



sponsor spotlight

Where did you grow up? How long have you lived in the area? Tell us about your family.

I was born and raised in Mt Vernon, NY until we moved to Rockland County at age 14. I am the youngest of 3 in our blended family. After my dad passed in 2016, my Mommy/Roommate and I made Hillsdale, NJ our new home and have been warmly welcomed to the NJ community.

Tell us about the events that led up to where you are now (i.e. education, career path).

LIFE! I can say that I've always wanted to own a business, but never had a clear vision on the profession or industry. While figuring it out I worked administrative jobs and attended The Art Institute of Pittsburgh online for Interior Design. Ultimately, I completed my certification for massage at Healing Hands Institute in 2008.

What is your business and how/why did you start your business?

I own and operate Nenriki Therapy; Mind, Body & Soul Healing Center in Northvale, NJ. When I opened my business in 2014, it was simply a means to add a second income to speed up some future goals. After a few personal, we'll call them "hurdles", Nenriki Therapy became a representation of my growth and development.

What is unique about your business (what sets you apart from the rest)?

We are a family owned and operated center that takes our self-care practices beyond massage therapy. By bringing the topic of mental health awareness to the forefront of our conversations, our mission is to help connect our clients with themselves to live more fulfilled and authentic lives. Our Healing Center offers therapeutic massage therapy, movement classes (i.e Salsa Dance) & social events. Additionally, we will be launching a Mental Health First Aid program this summer.

Your business expertise and the nature of what you do, what advice (whether general or specific) can you offer to the residents?

BREATHE! In this fast-paced and busy world, we tend to make ourselves the last person on our list. You HAVE to put your figurative oxygen mask on first in order to be present for anything (career) or anyone (family). Start with 30 seconds. Breathe in deep through your nose. Identify your tension (physical or emotional). Exhale slowly. TRUST YOURSELF and release.

What else should we know about you, your family, or your business?

To know me is to love me, lol. Seriously... I get it from my Mommy (& Daddy).



I believe in "The Village Mentality", as well as being the change we want to see in the world. We are here to support, uplift and edify each other while putting positive ripples in our respective corners of the world.

As a self-proclaimed "Jacqueline of All Trades", I try to tap into as many gifts and opportunities that speak to me.

In addition to Nenriki Therapy, I am a life insurance agent with Primerica and recently curated a monthly Art & Music Showcase in our studio (which I'm super proud of). Next up, join a Billiards League!

I look forward to meeting you all soon!

Faith E Smash, LMT
#TheMuscleWhispererNJ

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