

Tina Allen



Tina Allen, founder of the premier organization for infant and pediatric massage therapy professionals worldwide Liddle Kidz® Foundation, is largely credited with popularizing pediatric massage therapy. She is an internationally respected educator, author and expert in the field of infant and pediatric massage therapy. Tina Allen is the author of the bestselling, "A Modern Day Guide to Massage for Children" & "A Modern Day Guide to Massage for Babies".

Her innovative approach to children's health has allowed her the unique opportunity to train healthcare staff/medical professionals and create pediatric massage programs in leading medical institutions around the world.

Ms. Allen's work with children around the globe has garnered international honors including the Massage Therapy Foundation/Performance Health Humanitarian of the Year and the American Massage Therapy Association Award for Distinguished Service.

She travels 365 days a year in a tour bus with her husband and their awesome son, Otis sharing the benefits of nurturing touch!

Awards & Honors

2016 Governor's Proclamation for Distinguished Service
2013 AMTA/MA Distinguished Service Award
2012 Massage Therapy Foundation/Performance Health Humanitarian of the Year.
2011 International Massage Therapist of the Year
2009 Massage Therapy Hall of Fame Inductee
First 5 California's Champion for Children



Pediatric Massage Hospital & Healthcare

Ms. Allen develops and consults on hospital and healthcare based pediatric massage programs. Her work has influenced the pediatric healthcare provided in more than 100 medical institutions, including world leaders such as;

Children's Hospital Los Angeles (CHLA)
 Mattel Children's Hospital at UCLA
 Cedars-Sinai Medical Center
 The Mayo Clinic
 USCF Benioff Children's Hospital
 Nemours/Alfred I. duPont Hospital for Children
 University of Maryland Medical Center
 Johns Hopkins University School of Medicine
 Kennedy Krieger Institute
 Children's Hospital of Philadelphia
 Sydney Westmead Children's Hospital
 Tokyo Metropolitan Children's Hospital

International Healthcare/Child Care Advocacy

Her innovative approach to children's health has allowed her the unique opportunity to educate families and professionals throughout the world in the many benefits of nurturing touch.

Through Liddle Kidz® Foundation Global, Ms. Allen regularly organizes groups of professional healthcare volunteers to travel to other parts of the world to provide global outreach to children and their caregivers. The programs provided not only include pediatric assessment and tactile therapies, but also education for staff and parents to create a program which is both sustainable and replicable.