

Balance Line Studio & Spa was born from a passion that began in 2013, in Brazil, when its founder discovered Pilates — a practice capable of transforming both body and mind. Fascinated by the balance, well-being, and lightness it brought, she decided to go deeper into her studies and, in 2018, after moving to the United States, turned this passion into her profession. She earned certifications in Mat Pilates from Power Pilates in Massachusetts and in Apparatus Pilates from Pilates By Dena in Florida, creating a welcoming and personalized studio with individual attention and small group sessions.

But the dream was always greater: to combine Pilates with a space dedicated to beauty and wellness, where health and aesthetics could come together. That dream gave rise to Balance Line Studio & Spa, with the mission of integrating movement, balance, and aesthetic care in one place.

To bring this vision to life, the founder began her journey in aesthetics with the Massage Therapist program at Florida Beauty School and expanded her expertise through advanced courses and mentorships in Brazil. Among them are techniques such as Lipoparme, Sculpt Detox, MAF, and Hidrocrio, which today are part of the exclusive protocols offered at the spa.

Balance Line was created to be more than just a studio or a spa: it is a space for transformation, where every detail has been carefully designed to deliver well-being, confidence, and visible results. Here, body and mind find harmony in a unique and personalized experience.