

Dynamic Touch

M A S S A G E E X P E R T S

Megan Diaz, CAMTC

Deep Tissue/Sports Massage

You do regular maintenance for your car, you should treat your body the same! Your therapist will customize your session to address your specific needs, whether it's muscle recovery from grueling training, or easing a recent injury. Also a great choice for those who like a brisk, firm massage that really gets into the muscle tissues.

Half Hour: \$55; One Hour: \$95; 1 ½ Hours: \$135

Therapeutic Massage

A specialized treatment as prescribed by your doctor to facilitate healing of a specific problem area or injury. Includes detailed health history, evaluation, and self-help program to help your muscles heal.

Half Hour: \$55; One Hour: \$95; 1 ½ Hours: \$135

Deep Relaxation Massage

Relaxation is the key to good health. Deeply relax with a firm, or gentle overall massage for wellness. Reduce your tension and soothe tired muscles.

Half Hour: \$55; One Hour: \$95; 1 ½ Hours: \$135

Pregnancy/New Mother Massage

A treatment specially designed to accommodate a pregnant woman's changing body and to ease the aches and pains of pregnancy, or feeding and holding a newborn. Good for all phases of pregnancy, including three months after delivery. Includes an extensive interview to ensure all needs and safety concerns are addressed.

One Hour \$95; 1 ½ Hours \$135

Oncology Massage

Ask us for more information about massage for Survivors, Chemo Comfort, and Post-Mastectomy Scar Release. Selected staff has extensive training in safe massage for all phases of a Cancer Patient's experience. For Survivors with years in remission, or an Oasis of Comfort during treatment, or help healing after surgery and/or reconstruction.

One Hour \$95*; 1 ½ Hours \$135*

*Prices may vary

Please follow me on Facebook @Megan Nelson-Diaz CAMTC

I do give \$10 off all prices to Military, Police & Firefighters. Thank you for serving!

Gift Certificates available Schedule online at www.DynamicTouchMassage.com

Costa Mesa ✨ Laguna Niguel