

Dynamic Touch

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

Nayelli Cardenas, 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. Some Workers' Compensation and other Insurance accepted. 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 Low/ No Risk

A treatment specially designed to accommodate a pregnant woman's changing body and 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.

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

Craniosacral

Based on the work of osteopath Dr. Upledger, this gentle method is used to release restrictions in the membranes surrounding the brain and spinal cord while balancing the rhythm of the cerebrospinal fluid. The release of these restrictions improve the functions of the central nervous system resulting in increased relaxation and treatment of pain and dysfunctions usually stemming from TMJ, PTSD, emotional difficulties and stress related symptoms.

Half Hour: \$55; Hour: \$95; Hour and Half: \$135

Gift Certificates available Schedule online at www.DynamicTouchMassage.com

✧ Costa Mesa ✧