

Dynamic Touch

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

Christy Atwood, 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; 2-hours: \$175

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; 2-hours: \$175

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; 2-hours: \$175

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; 2-hours: \$175

Gift Certificates available Schedule online at www.DynamicTouchMassage.com

✧ Laguna Niguel office only ✧