

Dynamic Touch

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

Kathy Flippin, NCTMB, ART, CMTA

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: \$67; One Hour: \$115; 1 ½ Hours: \$165

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: \$67; One Hour: \$115; 1 ½ Hours: \$165

Active Release Technique

Active Release Technique is a specific and detailed modality that incorporates pressure point massage with the client's active stretching. ART can release adhesions and break down scar tissue. Most sessions the client remains clothed and no oil is used. This modality has been popularized by providers at Ironman races.

30-Min \$77

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: \$67; One Hour: \$115; 1 ½ Hours: \$165

Pregnancy/New Mother Massage

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: \$67; One Hour: \$115; 1 ½ Hours: \$165

Oncology Massage

Ask us for more information about massage for Survivors, Chemo Comfort, and Post-Mastectomy Scar Release. Selected staff have 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.

Lymphatic Massage

This is a light touch technique that can help provide relief from inflammation, pain, swelling, chronic fatigue syndrome and fibromyalgia. Rather than releasing muscular knots, this technique will drain stagnant fluids, detoxify, regenerate tissues, and maintain a healthy immune system. Applications range from reducing swelling and pain from a sprained ankle or recent surgery, to assisting the body's detoxification as part of a gentle cleanse.

One Hour: \$115; 1 ½ Hours: \$165

Gift Certificates available Schedule online at www.DynamicTouchMassage.com

Dynamic Touch

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

Oncology Massage **Limited Staff Availability** **Educated by GREET THE DAY**

Massage for Survivors

Survivors have a "new normal", which requires special consideration for areas where lymph nodes were removed. Our specially certified therapists will adapt the massage to reduce risk of lymphedema and yet still deliver a deep tissue experience, or simply one that is deeply relaxing.

One Hour \$90; 1 ½ Hours \$125

Chemo Comfort Massage

Massage during Cancer Treatment is gentle and nurturing. Our Certified Oncology Massage Therapists are trained to adjust positioning, and avoid medically sensitive areas such as ports, radiation burns and surgery sites. Find a soothing oasis of peace and relaxation in our capable hands. Comfort Massage can be done during any phase of cancer treatment or hospice care. Helps reduce side-effects of treatment such as stress, pain, nausea, and muscle atrophy.

One Hour \$90; 1 ½ Hours \$125

Post-Mastectomy Scar Release

Scar Tissue around a Mastectomy must be addressed gently in order to reduce risk of lymphedema. Scars, bulges and adhesions can be slowly manipulated to improve range of motion and appearance. You are safe in the hands of our Specially Certified Oncology Massage Therapists.

\$125

One Hour \$90; 1 ½ Hours

Manual Lymph Drainage

This is light touch technique can help provide relief from lymphedema, swelling, tightness and pain due to lymph node removal. Rather than releasing muscular knots, this technique will drain stagnant fluids and encourage proper function of the immune system. Therapists are not trained in lymphatic bandaging.

One Hour: \$95; 1 1/2 Hours: \$135

Gift Certificates available
Schedule online at www.DynamicTouchMassage.com
Costa Mesa ✨ Laguna Niguel