

# Dynamic Touch

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

*Susan Fischer, CMT*

## **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

**Gift Certificates available Schedule online at [www.DynamicTouchMassage.com](http://www.DynamicTouchMassage.com)**

✧ Costa Mesa office Only ✧