Dynamic Touch
M A S S A G E   E X P E R T S
Jessica Schiano, 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

Reflexology Massage
Reflexology treats the whole body through pressure points in the feet. Tried and tested in Ancient China, Reflexology, also known as zone therapy, is an alternative medicine involving application of pressure to the feet and hands with specific thumb, finger, and hand techniques. Deeply relaxing and Soothing for tired and aching feet.
Half Hour: $55; One Hour: $95; 1 ½ Hours: $135

Gift Certificates available Schedule online at www.DynamicTouchMassage.com
✄ Costa Mesa office Only ✄