

Dynamic Touch

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

Gary Rosenthal CMT, MC, TFT

Virtual Self-Care Coaching

Offering you relief right from the comfort of your own home. Similar to the set up of a regular Therapeutic session, your Therapist will begin with assessment of your pain, targeting your problem areas utilizing self-massage with and without tools, partner massage, exercises and stretches. They will create a self-help program that you can do from home to get you out of pain.

Half-Hour: \$60; One Hour: \$100

VIRTUAL MINDBODY COACHING

Easy to learn fast and effective self healing techniques. Minimize the impact of emotional stressors that negatively affect physical dysfunction, pain, and the immune system. My Mindbody protocols teaches you how to self treat tension headaches, TMJ, upper back, shoulder issues, traumatic stress events and more. Free 10 min phone consult.

Half Hour-\$65; One Hour \$105

Deep Relaxation Massage

Relaxation is the key to good health. Deeply relax with a firm or gentle, overall massage for wellness. Reduce your tension, stress and soothe tired muscles.

Half Hour: \$65; One Hour: \$105; 1 1/2 Hours: \$145

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 with compression and stretching that really gets into the muscle tissues. Can include post massage recommendations for proper stretching, exercise and self care. Add on-chronic dehydration testing and treatment.

Half Hour: \$65; One Hour: \$105; 1 1/2 Hours: \$145

Therapeutic Massage

A specialized treatment as prescribed by your doctor to facilitate healing of a specific problem area or injury. Includes detailed history, evaluation and self-help program to get you out of pain. Major Medical Insurance does not cover, but ask us about Workers' Comp, Disability and Personal Injury. Can include post massage recommendations for proper stretching, exercise and self care.

Half Hour: \$65; One Hour: \$105; 1 1/2 Hours: \$145

Pregnancy/New Mother Massage

A treatment specially designed to accommodate a mother's changing body and ease the aches and pains of pregnancy or feeding and holding a newborn. The childbearing year includes all phases of pregnancy, including three months after delivery. Therapists will do an extensive interview to ensure all needs and safety concerns are addressed. By Request, This massage can be performed on specifically designed cushions to allow maximum support and comfort even in late stage. *Low/No Risk Mothers Only. For High Risk mothers, please call to schedule with one of our other therapists certified in High Risk Prenatal Care.*

Half Hour: \$65; One Hour: \$105; 1 1/2 Hours: \$145

MindBody Integrated Therapeutic Massage

Many body issues can be influenced by our state of mind and emotions. A multifaceted approach which includes TFT, Chakra Balancing, Reflexology and other Mindbody techniques can be utilized during a massage session. This focus not only addresses the aches and pains of the physical body but also quiets the mind, eliminates mental and emotional stress,

trauma from accidents, injury, or surgery and enhances quality of living. Find out what it's like to be truly integrated with yourself. – *Free 10 min. phone consult*

Half Hour: \$65; One Hour: \$105; 1 1/2 Hours: \$145

Thoughtfield Therapy or Mantra Meditation Class

***Mantra Meditation** is an effective way to quiet the mind, lower stress, blood pressure and heart rate. MM is neither prayer, religion nor philosophy. Learn the simple and easy practice from a 35-year Master teacher. Only a single one on one class is needed to learn this technique. Results Guaranteed, even for those who think it impossible to learn!

***Thoughtfield Therapy (TFT)** is a cutting edge Energy Psychology tapping self-help method that can completely eliminate negative emotions including grief, sadness loss, trauma, anxiety, stress, fear, anger, shame, guilt, phobias and certain addictions. Rapid and Empowering. Guaranteed Results -*Free 10 min. Phone Consult.*

Half Hour: \$65; One Hour: \$115; 1 1/2 Hours: \$155

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Oncology Massage

Customized massage for Survivors and Chemo Patients in active treatment. Extensive training assures a 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. This treatment can also address the traumatic effects of cancer on your physical, mental and emotional levels.

Half Hour: \$65; One Hour: \$105; 1 1/2 Hours: \$145

Massage Cupping

A modified version of "cupping therapy" which has been used in Chinese Medicine for several thousand years. Oil or lotion is applied to facilitate a gliding movement over the skin without leaving marks. The cup creates negative pressure to bring blood flow to stagnant tissues and help remove excess fluid and toxins. It feels great and is both stimulating and relaxing.

Half Hour: \$65; One Hour: \$105; 1 1/2 Hours: \$145

Gift Certificates available

Schedule online at www.DynamicTouchMassage.com

Laguna Niguel office Only

Call for Home Appointments in select areas