

Dynamic



Touch

M A S S A G E EXPERTS

Alfred-Andrew Bowen

ANMT, FR/FRC, NASM-CES, NESTA-MPT

Virtual Self-Care Massage Coaching

Pain relief from the comfort of your home. Learn self massage techniques, tool assisted techniques, joint mobilization exercises used by the professionals to release pain and gain more range of motion.

Half Hour: \$55; One Hour \$95; 1 ½ Hour \$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: \$65; One Hour: \$105; 1 1/2 Hours: \$145; 2 Hours: \$175

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: \$65; One Hour: \$105; 1 1/2 Hours: \$145; 2 Hours: \$175

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.

Half Hour: \$65; One Hour: \$105; 1 1/2 Hours: \$145; 2 Hours: \$175

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. 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; 2 Hours: \$175

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.

Half Hour: \$65; One Hour: \$105; 1 1/2 Hours: \$145; 2 Hours: \$175

Functional Release (FR) and Functional Range Conditioning (FRC)

Functional Range Release and Conditioning Techniques, or FR® and FRC® is an advanced, system of soft tissue assessment, treatment, and rehabilitation used by highly regarded manual therapists around the world. FR® does not only function to treat injuries, it is also used to improve the quality of a persons movement, as well as to promote joint health and longevity.

Price of FR / FRC. 1 1/2 Hours: \$145; 2 Hours: \$175

– First consult (up to one hour) is \$95.

– Dress in modest fitting athletic clothes.

• Packaged sessions offered based on assessment. Ask for more details.

 COSTA MESA OFFICE ONLY 

At-Home Appointments: All treatments available in limited Orange County areas. Trip Charges vary (depending on distance, therapist and preparation time) from an additional \$25 to \$50 per trip. Call or email us to see if you qualify.