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Specializing in Sports, Pregnancy, Oncology, Lymphatic
www.dynamictouchmassage.com

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: \$77; One Hour: \$125; 1 1/2 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: \$77; One Hour: \$125; 1 1/2 Hours: \$175

Active Release Technique

A 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 is the same one popularized by providers at Ironman Races.

Half Hour: \$87 OR Add on to any session: \$20

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: \$77; One Hour: \$125; 1 1/2 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.

One Hour: \$125; 1 1/2 Hours: \$175

Oncology 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. A soothing oasis of peace and relaxation in our capable hands. Can be done during any phase of cancer treatment. Helps reduce side-effects of treatment such as stress, pain, nausea, and muscle atrophy.

One Hour: \$125; 1 1/2 Hours: \$175

Lymphatic Massage

This is a light touch technique that can help provide relief from inflammation, pain, swelling, chronic fatigue syndrome and fibromyalgia. It is not intended to release specific knots in muscles, but rather to drain stagnant fluids, detoxify, regenerate tissues, and maintain a healthy immune system. Applications range from reducing swelling and pain from a sprained ankle to assisting the body's detoxification as part of a gentle cleanse regimen.

Half Hour: \$77; One Hour: \$125; 1 1/2 Hours: \$175

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.

