

Dynamic Touch

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

Cindi Scott, CMTc

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: \$60; One Hour: \$105; 1 ½ Hours: \$145; 2 Hours: \$200

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: \$60; One Hour: \$105; 1 ½ Hours: \$145; 2 Hours: \$200

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: \$60; One Hour: \$105; 1 ½ Hours: \$145; 2 Hours: \$200

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: \$60; One Hour: \$105

Pregnancy/New Mother Massage

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.

One Hour \$105; 1 ½ Hours \$145

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.

One Hour: \$120; 1 1/2 Hours: \$150

Gift Certificates available Schedule online at www.DynamicTouchMassage.com

Costa Mesa ✨ Laguna Niguel