

Wellness Center

@
DYNABODY FITNESS CLUB

For Health & Wellness



Massage Therapy

Bamboo-Fusion

Craniosacral

Reflexology

Reiki

Massage Benefits:

- Improves Circulation
- Relaxes Muscles and Improves Joint Mobility
- Improves energy Flow
- Alleviates Problem condition
 - General Muscle Tension and Aches
 - Tension Headaches
 - Muscular Back Pain
 - Stress and Anxiety
- **Supports Your Fitness and Sports Programs:**
 - Relieves Tired and Sore Muscles
 - Helps Improve Flexibility
 - Speed Recovery From Strenuous Physical Exertion
 - Reduces Your Chance for Injury
 - Shortens Recovery Time Between Workouts

Massage Menu:

½ hour Relaxation	\$30
1 hour Relaxation	\$60

Muscles unwind with European techniques that reduce stress, relieve muscle tightness and increase circulation; perfect for those who just want to relax.

½ hour Deep/Sports Tissue	\$30
1 hour Deep Tissue	\$60

Excessive physical activity can cause deep muscular and joint distress. Using Myofascial Release, deep muscle compression, friction, and trigger point therapy, this treatment's purpose is to 'unstick' the fibers of the muscles and release both toxins and deeply held patterns of tension. This treatment can help maintain or improve range of motion and muscle flexibility.

1 hour Hot Stone Massage	\$90
1 ½ hour Hot Stone Massage	\$120

*Only offered by **Monica***

A heavenly experience which will leave you completely relaxed. The heat of the stones penetrate deep into the layers of your muscles bringing you to a level of deepest relaxation.

Massage is a Powerful Ally for a Healthier Life!

NEW BAMBOO-FUSION MASSAGE

1 hour \$80
80 minute \$100

Offered by **Monica**

BAMBOO FUSION has come to Citrus County.

This New and Exotic full-body massage treatment is sure to melt your cares away. Using warmed bamboo and rattan sets, the massage therapist calls upon Shiatsu acu-pressure techniques to woo clients into complete relaxation. After every muscle and tendon in the back is massaged, smooth bamboo shoots of various sizes are rolled back and forth furthering the relaxation. After the rolling motion, the result is an utter banishment of the body's tension. Next, the massage therapist works each section of the body with expert precision; the back and front of each leg, the bottom each foot, arms, shoulders and head are all kneaded with expert hands and then rolled with the bamboo for one blissful massage that ends much too soon!

BAMBOO MASSAGE IS THE PERFECT MASSAGE FOR:

- Relaxation
- Sports programs, lengthens and relaxes muscles
- Therapeutic needs

Energy/Cleansing Menu

½ Reiki /Healing Touch \$30
1 Reiki /Healing Touch \$60
Only by AnnaMarie

Reiki (ray – key) enhances the body's natural ability to heal itself through the balancing of energy. Reiki utilizes specific techniques for restoring and balancing the natural life force energy (Ki) within the body. It is a holistic, natural, hands-on energy healing system that touches on all levels: body, mind, and spirit. Reiki energy has several basic effects: it brings about deep relaxation, destroys perceived energy blockages, tries to detoxify the system, provides new vitality in the form of healing energy, and increases the vibrational frequency of the body.

1 hour Reflexology Treatment \$60
Only by AnnaMarie

Reflexology involves the application of pressure to specific energy zones on the feet and hands to pinpoint and treat health problems. If the energy flow in a zone is blocked or out of balance, the part of the body linked to that particular area can suffer. Reflexology promotes energy flow around the body, alleviates physical symptoms and encourages good health.

1 hour Craniosacral Treatment \$60
Only by AnnaMarie

Craniosacral or Cranio-Sacral Therapy is an extremely gentle touch massage using hand placements on the head, neck and spine in order to assist in treatment of a range of conditions from headache and ear infection to stroke, spinal cord injury, Scoliosis and Cerebral Palsy. Cranio-Sacral Therapy is performed as a stand-alone treatment or may be incorporated into a Reiki or Massage session.

Wellness Center

@

DynaBody Fitness Club

2232 Hwy. 44 West

Inverness, FL 34453

(352) 344-3553



**Monica Berberich, LMT
MA39709**

(352)726-5970 or

cell **(727)543-1904**



**AnnaMarie Bishop, LMT, RMT
MA41175 NCTMB 405065-00**

(352)427-2971

MM19930