

Reflexology can...

- Provide total body relaxation
- Reduce pain
- Decrease tension
- Improve sleep
- Increase energy

Lexie Staton, MS, CR

Therapeutic Massage modalities

- Hot stone Massage
- Deep Tissue/ Sports Massage
- Myofascial Release
- Trigger Point Therapy
- Active Isolated Stretching
- Controlled stretching Techniques
- Prenatal massage and more!

Stretch Moves

- Stretch, Massage & Physical Therapy
- For Athletes, active adults, complicated conditions, stress, discomfort, physical conditions, and pain

Rates for your treatments

Massage Therapy Reflexology & Body Code Prices

30 minutes	\$68
45 minutes	\$83
60 minutes	\$100
90 minutes	\$140

Body Code (off site)

30 minutes	\$60
45 minutes	\$75
60 minutes	\$90

Stretch Moves Prices

Initial Assessment - \$150.00

Follow up visits - \$125.00

****See inside for our
Monthly Specials****



THERAPEUTIC
MASSAGE

REFLEXOLOGY

BODY CODE

&

STRETCH MOVES

6001 Burke Commons Rd.
Burke, VA 22015
703-250-1299

www.burkeclub.com



YOUR THERAPISTS AT BRSC

Massage Therapists:

● **Valerie Morgan** is a Graduate of AKS, Herndon, VA, a nurse and originally from France. Her specialties are Hot Stone Massage, Pregnancy massage, Sports massage, Myofascial Release; Valerie integrates Deep Tissue, Connective Tissue & Trigger Point Massage into her sessions. She has two black belts in Tae Kwan Do.

● **Farhad Alkadi** is a graduate of GWIM, Burke VA. He works using variety of techniques and modalities, and offers sessions tailored for each client, giving each patron individual attention. He is trained and qualified, specializing in Swedish massage, Deep Tissue massage, Sport Massage, Controlled stretching, Muscle Tissue Release, Trigger Point Techniques, Stone massage, Pregnancy massage Cranial Sacral, TMJ Disorders, Sciatica Issues, Reflexology, Aromatherapy and other modalities.

Reflexology & Body Code:

● **Lexie Staton** is a certified reflexologist. She is a graduate of the International Institute of Reflexology and is trained in Total Body Modification that offers great results by combining muscle testing and reflexology. Lexie also offers a second modality of natural healing called "The Emotion Code / Body Code System" so she can offer Natural and Energy healing system. These two modalities proved the means to quickly and naturally rid of physical and emotional pain. By accessing the subconscious mind through muscle testing and using the Body Code Mind Maps, within minutes your pain can be reduced and often eliminated.

UPCOMING SPECIALS

Summer Special: 8/19 - 8/25/18

Fall Special: 9/9 - 9/15/18

Columbus Day Special: 10/7- 10/13/18

Thanksgiving Special: 11/11 – 11/17

Winter Holiday Special: 12/16 - 12/22

Monthly Special Discounts offered to members (15%) & non-members (10%) for the week.

* **BRSC Appointments** can be booked at the front desk or by phone (703-250-1299). Every effort will be made to accommodate requests for off-hour massage.

* **Cancellation Policy**

Clients who miss or cancel their appointments with less than 24-hour notice will be billed the full fee. The fee may be waived if the appointment is rescheduled.

* **New Clients**

Please arrive 5 to 10 minutes before your first appointment to fill out an intake form prior to your first appointment.

STRETCH MOVES

Holistic Wellness:

- **Stretch Therapy**
Pain Free Assisted Stretching
Improves Muscle Activation & Relaxation
Realigns Posture & Increases Flexibility
- **Massage Therapy**
Neuromuscular & Sports Massage
Dynamic Cupping Therapy
Prenatal Massage
- **Physical Therapy 1 on 1**
Specializing in Women's Health/Pelvic Floor
Manual Therapy & Muscle Energy Technique
Fall Prevention & Balance Training
- **Additional Services**
Amino Neuro Frequency Therapy
LED Light therapy (FDA Approved)
Rock Tape Functional Movement Tape

Stretch Moves can benefit:

- *Athletes: Youth, College, Elite, Professional
- *Active Adults
- *Complicated health conditions: Autoimmune disorders, Fibromyalgia, Osteoporosis
- *High Stress levels
- *Physical discomfort: fatigue, pain, stiffness, poor balance or difficulty moving
- *Physical conditions: arthritis, scoliosis, plantar fasciitis, tennis/golfer's elbow, Myofascial pain, chronic low back or neck pain

Appointments with Stretch Moves:

**Please visit www.stretchmoves.com
For Jose Chacon, CFCC, LPTA, Caryn Grogan, MSPT, Ahmed Mohammad, LMT, Bree Delac, LMT**

Or

**Contact Jose Chaco directly at
202-455-6014**