

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!

Reflexology can...

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

Body Code can...

- Release negative emotional energy
- Uncover and correct root causes to your issues
- Help balance your body
- Improve your overall physical and mental health
- Increase energy

Lexie Staton, MS, CR

Rates for your treatments

Massage Therapy Reflexology & Body Code Prices

30 minutes	\$60
45 minutes	\$75
60 minutes	\$85
90 minutes	\$120

Body Code (off site)

30 minutes	\$55
45 minutes	\$70
60 minutes	\$80

(*Rates are subject to change without notice)

Upcoming Specials

Jan. Special: 1/12 – 1/18/20

Feb. Special: 2/9 – 2/15/20

Mar. Special: 3/15 – 3/21/20

Apr. Special: 4/12 – 4/18/20

May Special: 5/10 - 5/16/20

June Special: 6/12 – 6/18/20

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



THERAPEUTIC MASSAGE

REFLEXOLOGY

&

BODY CODE

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. She has been helping clients since 2000. 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.

● **Bahar Holzemer**

Bahar Holzemer has been treating clients with musculoskeletal disorders since 2012. She specializes in therapeutic deep tissue massage, John Barnes Myofascial release, Active Release Technique (spine). Bahar worked in clinical settings, chiropractic and Acupuncture offices and medical Spas. She helped many people regain normal functioning after accidents, sports injuries and chronic pain conditions. She blends her exercise physiology background with her studies in kinesiology and therapeutic touch to achieve ultimate results. Bahar is currently obtaining her master's degree in acupuncture and traditional Chinese medicine at the Virginia University of integrative medicine.

REFLEXOLOGY & BODY CODE

Reflexology & Body Code:

● Lexie Staton is a Certified Reflexologist and Body Code Practitioner. She is a graduate of the International Institute of Reflexology. Lexie often combines reflexology with muscle testing in order to provide a very individualized session. She also offers a second modality of natural healing called "The Body Code System". The Body Code clears imbalances which provides the means to quickly and naturally rid the body of physical and emotional pain. By accessing the subconscious mind through muscle testing and using the Body Code Maps, within minutes your pain can be reduced and often eliminated.

* **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.

INTRODUCING THE BODY CODE

The Body Code with Lexie

- **Understanding Pain**
The Body Code is a simple and natural way to overcome pain by understanding what causes it and how to do something about it.
- **Trapped Emotions**
All things are made of energy, including emotions. Negative emotions can become trapped or lodged within the body. Trapped emotions distort cell energy and tissues, which can lead to pain, disease, and emotional problems
- **Natural Healing System**
The Body Code helps identify the underlying, root cause imbalances that contribute to pain. Trapped Emotions are one common type of imbalance that contribute to ailments, such as joint pain, digestive issues, depression, headaches and many others.
- **Kinesiology/Muscle Testing**
Using muscle testing to tap into your body's Computer, which is the subconscious mind, imbalances can be identified. Muscles testing is simple, non-invasive. By removing imbalances, you allow your own body to do the healing it was designed to do.
- **Who Will Benefit**
The Body Code is safe for all ages, including infants, young children, the elderly and anyone in between.

Contact Lexie to learn how The Body Code can benefit you!