



# Healthy Motions® Massage Therapy

**Got Stress?  
Got Pain?  
We can help...**

## Granetta Coleman Kevin Kelly

Professional Massage Therapists  
Licensed, Certified, Insured

Main/Kevin Phone: 202-246-4738

Granetta Phone: 202-276-0517

702 K Street, NE – lower level

7 days a week - 10 a.m. to 9 p.m.

Website: [www.HealthyMotions.com](http://www.HealthyMotions.com)

Email: [contact@HealthyMotions.com](mailto:contact@HealthyMotions.com)

### Rates

Payment - cash, check, Visa, Mastercard, Discover or AmEx.

#### Traditional Massage Therapy:

30 minutes – \$40\*

60 minutes – \$70\*

90 minutes – \$100\*

\*Add hot stones for an additional \$10

#### Pregnancy Massage Therapy:

60 minutes – \$85

#### Hot Stone Massage Therapy:

60 minutes – \$85

90 minutes – \$110

#### Infant Massage Therapy Instruction:

Private classes (Three 45 min sessions) – \$90/infant

Group classes (Three 1 hr sessions) – \$90/infant

#### Seated Massage Therapy:

15 minutes – \$15 (in our office)

For on-site seated massage, contact us for a quote.

#### Stress Management Seminars:

Contact us for a quote.

#### Frequent Client Card Packages:

Buy 4 treatments at one time and receive the fifth one free.

Gift certificates available.

#### Policies

- All treatments are by appointment only. Walk-ins are not accepted at this time.
- Please fill out an intake form before the first session.
- Please be on time for sessions.
- Please provide 24 hours notice to reschedule or cancel sessions. \$30 charge, if 24 hour notice not provided.
- All massages therapy sessions are non-sexual and proper draping is used to respect the privacy of the client and the massage therapist. Inappropriate behavior will result in the termination of the session with no refunds.



### *Kevin's Credentials*

- Graduate of 500+ hour Massage Training Certification Program, Potomac Massage Training Institute, Washington, D.C.
- National Certification for Therapeutic Massage and Bodywork
- Licensed Massage Therapist by Board of Health of District of Columbia (DC Lic. No. MT 0295)
- American Massage Therapy Association Member

### *Granetta's Credentials*

- Graduate of 500+ hour Massage Training Certification Program, Potomac Massage Training Institute, Washington, D.C.
- National Certification for Therapeutic Massage and Bodywork
- Licensed Massage Therapist by Board of Health of District of Columbia (DC Lic. No. MT 0483)
- American Massage Therapy Association Member
- Advanced Certification in Massage for the Childbearing Year®
- Educator of Infant Massage by IAIM

### *Mission Statement*

Our goal at Healthy Motions® Massage Therapy is to provide excellent massage therapy services tailored to the specific goals of each client in a comfortable environment.



## *Benefits of Massage Therapy*

*Therapeutic massage is non-sexual and provides many  
benefits for the mind, body, and spirit.*

*Some of these benefits include the following:*

*Reduces Stress and Muscle Tension*

*Promotes Relaxation and Decreases Anxiety*

*Improves Mobility and Flexibility of Joints*

*Increases Circulation to All Parts of the Body*

*Relieves Muscle Soreness, Headaches and Sinus  
Pressure*

*Aids in the Removal of Toxins from the Body*

*Decreases Muscle Fatigue and Recovery*

*Enhances Fitness Performance*

*Stimulates the Release of Natural Pain Killers or  
"Endorphins"*

*Rejuvenates the Skin*

*Provides an Overall Sense of Well-Being and Health*

## *Traditional Massage Therapy*

Our traditional massage therapy treatment is ideal for relaxation and/or pain relief. Gentle Swedish massage strokes are used to foster relaxation and increase circulation to muscles and joints. Swedish techniques can be combined with other techniques to release muscle tension and pain, such as Deep Tissue, Neuromuscular Therapy (NMT)/Trigger Point Therapy, and Stretching/Range of Motion. The pain relief techniques typically use more pressure than Swedish strokes, however the pressure used is tailored to the client's preference. All work is done in conjunction with the client's relaxed rhythmic breathing to increase its effectiveness.

## *Pregnancy Massage Therapy*

Pregnancy massage therapy can help women deal with the unique aches and pains of pregnancy. Some of the benefits of this treatment include:

- relieving neck and back pain, swelling and varicose veins;
- relieving stress on joints (such as the hip, ankle, & pelvis);
- improving posture and sleep; and
- providing relaxation.

Pillows are used during the session for comfortable support in appropriate positions. Each pregnancy treatment is customized to address the needs of mom's changing body. Each treatment is provided by a therapist certified in pregnancy massage.

**ADDITIONAL PREGNANCY MASSAGE POLICIES:** Pregnancy massage is provided for women in their second and third trimesters. If you are experiencing complications with your pregnancy, you may be required to obtain a medical release before treatment.

## *Hot Stone Massage Therapy*

This form of massage therapy involves using water heated smooth stones. The heated stones are placed on key points of the client's body. In addition, the heated stones are used while the therapist performs various Swedish and Deep Tissue techniques. Aromatherapy, the use of fragrant essential oils, may also be incorporated in these sessions to enhance physical and mental well-being.

The direct heat from the stones penetrates muscles, relaxing them and allowing access to the deeper muscle tissue. In addition, the warm stones increase the flow of blood and lymph - replenishing the muscle tissue with oxygen and nutrients and ensuring that wastes are eliminated from the tissues. The warmth of the stones also results in a deeply relaxing experience.

## *Infant Massage Therapy*

Learn to massage your baby in a series of classes. Research shows that babies who are massaged: (1) sleep deeper & longer; (2) spend more time active & alert for learning; (3) have improved bonding & attachment to their caregivers; and (4) have improved elimination. Massage may also help relieve gas & colic and may promote body awareness. Benefits to caregivers may include: (1) providing baby-focused time; (2) learning & responding to baby's cues so that your baby cries less; and (3) decreasing caregiver's stress. Private classes are for 4-week old to crawling infants. Group classes are for 4-week old to pre-crawling infants.

## *Seated Massage Therapy*

In seated massage therapy a specially designed massage chair is used for bodywork primarily on the back, shoulders, and neck. The therapist uses a variety of techniques and works over the client's clothes. Seated massage is recommended for events, such as Health Fairs, Employee appreciation events, social gatherings, and for clients who would like an introduction to massage therapy.

## *Stress Management Seminars*

Stress is a reaction to changing circumstances, and since life is always changing we are always under stress. This seminar educates the participants so that they can identify positive and negative stress and the symptoms of negative stress.

This seminar also provides information on tools that the participants can use to manage stress. The tools may include stretching, deep breathing, and lifestyle changes for reduced stress. Massage is a stress management tool that can be included in these seminars by providing participants with seated massages.