

GABRIELA DEÁNDA
Licensed Massage Therapist

1633 Q St. N.W., Suite 200
Washington, DC 20009
202-744-6863

Metro accessible.
Gift certificates available.



*Therapeutic
Massage*

Therapeutic Massage

People seek massage for a wide variety of reasons — relaxation, stress reduction, relief from aches and pains. Whatever your reasons, I am committed to helping achieve your goal.

According to research studies, massage reduces heart rate, lowers blood pressure, increases blood circulation, relaxes muscles and improves range of motion. People who have arthritis, asthma, carpal tunnel syndrome, circulatory problems, headaches, insomnia, and sports injuries have reported that therapeutic massage has lessened or relieved many of their symptoms.

A therapeutic massage works by addressing your whole body. The most effective massage works with the body's natural responses. The more you are able to relax and "let go" the better your body is able to receive the benefits of the work. Pressure applied to a flexed muscle will not be as effective as on a muscle that is relaxed. Massage on healthy tissue feels good. However, massage used to address a tight or sore muscle may at first cause some discomfort which usually subsides once the tissue warms up. We will work together to establish an acceptable threshold for you. If you experience any discomfort or any distraction, please let me know so I may remedy the situation

On the day of your appointment, I ask that you arrive 10–15 minutes early so that we can discuss your general health history, areas of discomfort and goals for the session.

Afterwards, I will step out of the room so that you may undress in privacy, get comfortable on the table draping yourself with the sheet and begin to relax. As I work, I will establish boundaries by undraping only the body part that will be massaged.

After your massage, you may feel energized, taller and lighter. Alternately, you may feel extremely sleepy and light headed. Everyone responds differently and the after-effects may change from session to session. Whatever your response, give yourself a moment to reorient. Then when getting up roll on to your side and slowly push yourself upright with both hands raising your head last.

I recommend that you drink plenty of water after your session because of fluid shifts that can occur during massage.

Please note that massage is not a substitute for medical care or physical therapy associated with injury. There are some instances when massage is not appropriate. Please consult your physician before initiating a massage appointment.



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1070 Thomas Jefferson St. N.W.
Washington, DC 20007
202-744-6863

Credit cards accepted.
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Therapeutic Massage Gift Certificate

To ... _____

From ... _____

Date ... _____

For ... _____ *massages.*

Message ... _____

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