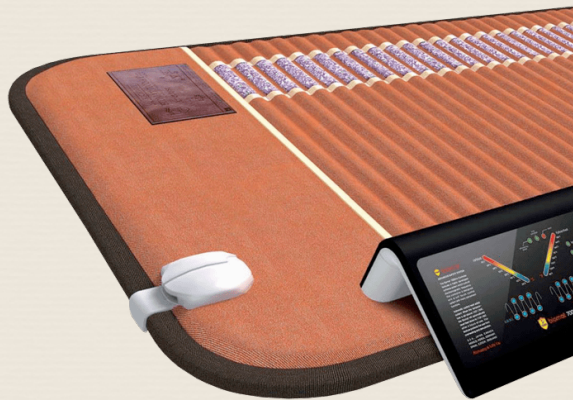


INFRARED HEAT WITH BIOMAT

BIOMAT is the only high-quality, Medical grade Infrared crystal mat that is scientifically proven, and backed by an FDA 510K to deeply reduce your pain and inflammation, and boost your relaxation, sleep, and overall health.

- Reduces stress and fatigue
- Soothes and relaxes
- Supports the immune system
- Improves sleep
- Reduced inflammation
- Increased tissue oxygen (due to increased circulation)



Gift Certificates Available
in person and online

Massage & Bodywork

60 min \$125 (Series of 3 \$360)
90 min \$155 (Series of 3 \$450)
120 min \$185 (Series of 3 \$540)

Optional Add-Ons

Back or Foot Scrub +\$15
Upgrade to CBD oil +15

Spiritual Services

Reiki 60 min \$125 90 min \$155
Past Life Regression -90 min \$133

Online Booking Available

prices subject to change over time



WWW.KATETHEGREATMASSAGE.COM

240-643-4079

Kate 'the Great' LMT

MASSAGE THERAPY



GENUINE

RELAXING

EFFECTIVE

ARTISTIC

THERAPEUTIC





SPECIALIZING IN

- Intuitive Touch
- Deep and Specific Massage
- Use of a variety of tools & modalities
- Quality oils and aromas including CBD



I love helping to keep you in great health and know that regular massage and bodywork is an excellent way to care for yourself. I offer many ways to help you with your physical and spiritual self.

~ Kate ~

CUSTOMIZE YOUR EXPERIENCE

Customization is included in bodywork cost and may include aromatherapy, hot towels, tools (including but not limited to hot stones & cupping), deep tissue and special modalities such as Reiki and Ashiatsu. Offered by request or therapist recommendation.



ASHIATSU

For those that like a deep tissue that concentrates on relaxation, feet are used to massage instead of the hands. This is a slower pace massage and 90 or 120min is recommended. Deep broad strokes deliver relaxing relief with less specific attention.



CUPPING

Silicone cups are used to help release stubborn knots. Negative pressure from the suction helps to pull muscles away from the bone and create more space between the layers of tissue, allowing more blood flow. Contraindicated for some conditions. Often marks can be left on the skin for about 3-7 days.



HOT STONES

Warm stones are used in massage to increase warmth and relaxation. They are often used in a gentle way for those with very tight areas that have difficulty relaxing. The heat from the stones is beneficial in bringing blood flow to an area and preparing muscles for deeper work.



REIKI

Often added into massages, this is an energy healing modality that uses no or light touch on or over the 7 major chakras of the body for mental, physical, and spiritual healing and balancing. It is experienced as a very relaxing meditative state and may be accompanied with heat/tingling sensations or other dreamlike experiences.