

Katy Magura, CMT



Katy has been practicing massage therapy since 2001 offering therapeutic Relaxation massage, Deep Tissue massage, Pregnancy massage,

Myofascial Release, Reflexology, Cranio-Sacral, and energy work including Reiki and Healing Touch. She is a nationally certified massage therapist and a member of the American Massage Therapy Association (AMTA).

The massage services at Powell Wellness Center are available to the general public, as well as members who benefit from a discounted rate.

Katy is available Monday – Friday and one Saturday a month. You can call (540) 829-4741 to schedule an appointment.

renew
relax

To schedule a massage therapy appointment call (540) 829-4741.

rejuvenate



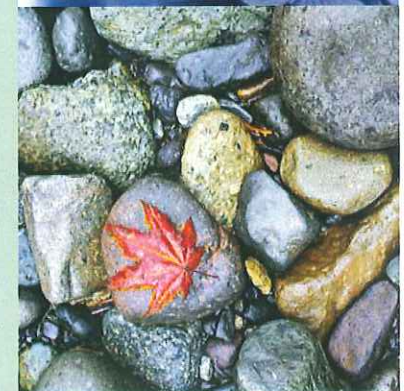
Health & Fitness
A Service of Culpeper Regional Health System

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POWELL WELLNESS CENTER

Relax...Renew...Revitalize

MASSAGE THERAPY

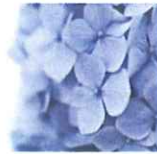


Massage Therapy

- Relieves stress and muscle tension
- Alleviates discomfort during pregnancy
- Provides greater joint flexibility and range of motion
- Faster healing of muscles and ligaments and reduces muscle spasms
- Reduces pain and the formation of excessive scar tissue
- Enhances athletic performance
- Promotes deeper and easier breathing
- Improves circulation and reduces blood pressure
- Helps relieve tension-related headaches and effects of eye strain
- Strengthens the immune system
- Rehabilitates post-operatively and after injury
- Reduces anxiety levels
- Increases the body + mind connection



Source: The AMTA



Rates & Services

Sessions are by appointment only.
The following are member rates.

Massage & Energy Sessions

30 min.	\$40	• Swedish
60 min.	\$70	• Deep Tissue
90 min.	\$90	• Pregnancy
		• Myofascial Release
		• Reiki
		• Healing Touch

Reflexology

30 min. \$50

Craniosacral Therapy

60 min. \$80

Non-members add an additional \$10 per session.

Cancellation Policy

If you are unable to make your scheduled appointment, please call within 24 hours of your scheduled time or you will be charged for the appointment. You will also be charged if a "No Show". Thank you for your consideration!

Description of Services

Swedish — Swedish massage is what is commonly referred to as relaxation massage. It helps to decrease pain, joint stiffness and stress as well as improve energy.

Deep Tissue — Deep Tissue may include trigger point work and has an injury-related or chronic pain approach. Combined with Swedish techniques, it creates an overall therapeutic massage session.

Pregnancy — Pregnancy Massage includes specific positioning and technique that considers the different stages of pregnancy. It helps to alleviate common complaints such as leg, low back, hip and back pain.

Myofascial Release (MFR) — Fascia is the soft tissue component of connective tissue. MFR is a slow, gentle technique that provides a powerful release, freeing restrictions, easing inflammation and ending the pain cycle.

Reiki — A very gentle yet powerful form of energy work, Reiki helps to promote physical and emotional well-being and relaxation as well as restore balance.

Healing Touch — Healing Touch works with the Chakra (energy) centers and the energy field surrounding the body (aura). It reduces pain and anxiety and promotes wellness.

Reflexology — The feet are a map for the entire body. Working the corresponding reflex points on the feet brings the body into balance.

Craniosacral (CST) — CST works with the cranium and the sacrum with the spinal column as the connection. It is helpful with head, neck and back pain, migraines, TMJ and mental stress.