

Sharron Baucom Dale City Recreation Center is proud to announce our newest service for our customers and guests!

# Hands FX

massage & bodywork



Bryan Respass is a Certified Massage Therapist with more than 20 years experience. He is nationally certified as well as licensed in Virginia and North Carolina. Originally trained in San Diego, California as a Holistic Health Practitioner, he provides clinical massage treatments in an intuitive format. With more than 21 different modalities he provides a higher level of massage treatment than normally expected. He is an energetic healer with Reiki and The Body Talk System. Some of his specialties are:

- Deep Tissue/Muscle Sculpting
- Sport Massage
- Trager/Passive Joint Work
- Positional Bodywork



- Thai Yoga Massage
- Body Cushion Massage
- Pre-Natal Massage
- Hot Stone and Aromatherapy

## Massage Therapy Service Prices

Signature Massage: A Swedish Style Massage using an intuitive collection of bodywork as needed.

<b>Chair Massage (Approx. 15 min)</b>	<b>\$15</b>
<b>Express Massage (Approx. 30 min)</b>	<b>\$40</b>
<b>Upper-Body Stress Buster (Approx. 45 min)</b>	<b>\$60</b>
<b>Full Body Massage (Approx. 60 min)</b>	<b>\$70</b>
<b>Extended Full Body Massage (Approx 90 min)</b>	<b>\$90</b>

For additional information or appointments, contact Bryan at 703-595-9463



SHARRON BAUCOM DALE CITY RECREATION CENTER...  
"Where Everybody Fits In!"

[www.pwcparks.org/dcrc](http://www.pwcparks.org/dcrc)

