

Why Therapeutic Massage?

As an oncology-trained therapist Valerie is able to accommodate the special needs of individuals during and after treatment for cancer.

Also trained in sports massage and cupping, she assists athletes and orthopedic clients recover mobility and enhance their athletic performance.

Massage can help:

- ◆ *Relieve pain*
- ◆ *Reduce nausea*
- ◆ *Reduce anxiety*
- ◆ *Renew energy*
- ◆ *Reduce fatigue*
- ◆ *Improve sleep*
- ◆ *Soften scar tissue*
- ◆ *Support immune system*
- ◆ *Restore range of motion*
- ◆ *Provide deep relaxation*
- ◆ *Reduce swelling*
- ◆ *Improve peripheral neuropathy*



**Valerie
Lapcinski**
*Licensed
Massage
Therapist*

Valerie is certified by the **National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)** and licensed by the State of **Maryland** and the State of **New Mexico** as a massage therapist. After completing her initial education in 2002, she has received specialized training in Medical Massage, Oncology Massage, Sports Massage, the Active Isolated Stretching Method, Neuromuscular Therapy, Manual Lymph Drainage, Fascial Therapy, Cupping, Cranial-Sacral, energy work and a variety of other modalities.

Valerie has treatment offices in the following locations:

- ◆ Annapolis, Maryland
- ◆ Columbia, Maryland
- ◆ Santa Fe, New Mexico

To schedule an appointment, contact Valerie at 443-538-5318.

Massage Services Available

In addition to oncology and orthopedic patients, Valerie sees patients with other medical conditions as well as athletes and individuals requesting a therapeutic massage.

Prices listed below do not reflect New Mexico sales taxes. Additionally, while gratuity is appreciated, it is strictly optional.

- ◆ 60-minute therapeutic massage *starting at \$110*
- ◆ 90-minute therapeutic massage *starting at \$160*
- ◆ 120-minute massage session *starting at \$210*
- ◆ 30-minute massage session *starting at \$60*
- ◆ Hot-stone 60-minute massage *(used through full session) starting at \$160*

Prices subject to change.