# MASSAGE SERVICES

## Brian Harper, LMT

**Massage Therapist**

Brian Harper, LMT graduated from CSU Fullerton with a B.S. in Kinesiology. He also earned an Associate's degree in Sports Exercise and Rehab Therapy from Fremont College and has taken extended education courses in medical massage with an emphasis in lower back pain. After starting his career as a personal trainer, Brian has spent the last two years working as a sports massage therapist. With Brian's education and experience, and his background in exercise and sports therapy, he is able to treat many types of injuries that may occur during exercise.

| WEEKLY SCHEDULE | | | |
|---|---|---|---|
| **MON** | **TUE** | **THU** | **FRI** |
| 9 a.m. – 5 p.m. | 9 a.m. – 3 p.m. | 9 a.m. – 5 p.m. | 9 a.m. – 5 p.m. |

## Straight-Forward Rates

| | |
|---|---|
| **25-min.** | $51 R $56 NR |
| **55-min.** | $83 R $91 NR |
| **85-min.** | $115 R $127 NR |

**BUY A 4 OR 12 PACK AND SAVE!**

### List of Modalities

- Trigger point therapy
- Deep Tissue
- Sports Massage
- Medical Massage
- Myofascial Release
- Prenatal Massage
- Swedish
- Aromatherapy
- Active Release
- Soft tissue release
- Muscle Energy techniques (MET)
- Injury Prevention and care
- Pre/post exercise therapy
- Cranial Sacral

MEDICAL FITNESS Association CERTIFIED

BCHD A Public Agency — Center for Health & Fitness

*A Beach Cities Health District Program*

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