

About the Therapist

Kate Katahdin, LMBT



Whatever your stage in life, massage can assist you in moving toward optimal health and wellbeing. I come to massage with the intent that people can learn how to be less stressed and move with more ease. We just have to provide the opportunities. Massage is one way to repattern and achieve relaxation.

I am a graduate of the Body Therapy Institute, in Siler City, NC and also hold a B.A. degree in Sociology.

My mission is to assist individuals in reducing stress and moving toward wellness through the use of the healing art of massage.

Each session is tailored to meet your individual needs with care and concern taken to preserve the confidentiality of all information shared.

I look forward to working with you!

Kate Katahdin, LMBT

Nationally Certified
AMBP Member
NC License #05345

Call for an appointment

Phone: (919) 598-9619

katekatahdin@yahoo.com

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Therapeutic
Massage

Moving People
toward
Optimal Health
and Wellbeing

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Benefits of Massage Therapy

- Relaxes and calms both mind and body
- Decreases stress
- Increases flexibility and range of motion
- Increases lymphatic circulation which aids in elimination of toxins
- Increases immune system response
- Increases circulation of blood
- Relieves respiratory muscular tension
- Decreases muscle spasms
- Patterns deeper, fuller breathing
- Increases body awareness
- Increases feelings of wellbeing

Available Therapies

Swedish Massage - promotes general relaxation, using long, gliding, flowing, rhythmic strokes, as well as, kneading, friction, and vibratory techniques. Both passive and active movements are utilized with the breath cycle. Increase circulation, aids in elimination of toxins, increases flexibility and range of motion, decreases mental activity and stress, increases body awareness.

Deep Tissue / Myofascial

Massage - contacts the deeper layers of tissue. Focusing intention on individual muscles using specific, slow, deeper strokes to lengthen, spread and separate the muscle tissues. Myofascial work induces deep relaxation and reduces chronic pain and muscle tension assisting the body in reestablishing / learning patterns that create ease of movement.

Seated Massage - promotes general relaxation, using compressive, rhythmic strokes, as well as, kneading, friction and vibratory techniques. Seated massage increases circulation, decreases mental activity and stress.

Hot Stone Massage - warms the tissues allowing for deeper contact and relaxation and can be used in conjunction with Swedish or Myofascial massage.

Pregnancy Massage - focuses on the needs of the mother to relieve the discomforts associated with pregnancy.

Postpartum Massage - helps bring the body into its pre-pregnancy alignment and flushes lactic acid out of the tissue relieving sore and achy muscles.

Session Fees

<u>Minutes</u>	<u>Rate</u>
50	\$55.00*
60	\$65.00
75	\$75.00
90	\$90.00

* Full body sessions not available in 50 minute format. Instead together we will design a session targeted to address your specific area of concern, as well as, 1 to 2 other areas of your choice with a variety of techniques. Please see therapies offered.

Make your session a full body hot stones massage for just \$10 more.

A 60 minute session includes approximately 60 minutes of table time.

Please allow an additional 15 minutes for intake and treatment plan with table work.

Sessions are scheduled by appointment. Nights and weekend times are also available.

Ask me about the “Refer a Friend” and “Repeat Customer” Discounts. Packages and Gift Certificates are also available.