



Lymph Drainage & Internal Organ Massage

Gentle, nurturing stomach massage stimulates your internal organs, relaxes liver and gall-bladder, promotes peristalsis of intestines, eases constipation, and improves lymph flow of spleen and pancreas. Lymph drainage of extremities reduces edema and promotes circulation of lymph.

CALL NOW FOR
APPOINTMENT!

Foudy Chiropractic

Avery Center

28601 Marguerite Pkwy

Suite A-6

Mission Viejo, CA 92692

Phone: (949) 365-0403

Fax: (949) 365-0515



**Massage Packages available:
Buy four—get one free!**

MASSAGE THERAPY

Foudy Chiropractic offers many different styles of massage therapy. Our qualified therapists are here to help you heal. Make an appointment today. Be sure to let the front office know which type of massage you would like at the time you schedule.

(949) 365-0403

Jodi's Days/Hours

*Monday thru Wednesday
8:00 a.m. to 6:00 p.m.*

Debbi's Days/Hours

*Thursday
7:30 a.m. to 6:00 p.m.
Friday
7:30 a.m. to 12:00 p.m.
Saturday
8:00 a.m. to 1:00 p.m.*



Reflexology

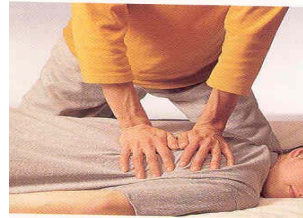
A 30-minute session of foot reflexology and massage. Relax, put your feet up, and enjoy a half hour of non-stop foot and ankle massage.

Focus is on relaxing the feet, improving circulation, accessing internal organ nerve endings, stretching the Achilles and Plantar tendons, and easing foot pain and tension.



CranioSacral Therapy

Ideal for patients who suffer from sinus problems, headaches, dizziness, or just a feeling of unease. Deeply relaxing experience using light touch that helps to balance the rhythm of the cerebro-spinal fluid around the brain and spinal cord.



Shiatsu

A one-hour session for total relaxation. Relieves aches and pains from the entire body. Focus is on medium hand pressure to major muscle groups, passive joint movement of bones, and acupressure applied to meridian lines of the body. Patient wears loose, comfortable clothing.



Thai Massage

A one-hour session of Thai Massage will stretch your entire body, loosen stiff muscles, open hips, ease low back pain, and restore circulation. Focus is on therapist moving patient into various positions while applying massage techniques to muscles.

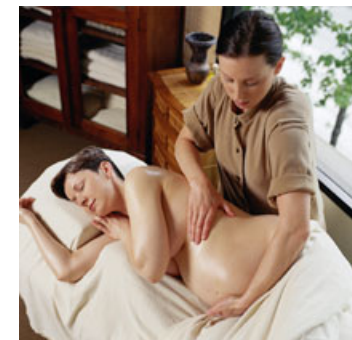
Patient wears loose, comfortable clothing. Treatment is on a high-density floor mat. Therapist uses hands, feet, elbows and knees. Patient is gently stretched and stretched again!

Note: Shiatsu and Thai Massage can also be done in a 30-minute session, focusing on specific areas of the body.



Swedish, Sports and Deep Tissue

Have a relaxing Swedish massage, invigorating Sports massage, or a deep, Deep Muscle massage. Just tell your therapist how deep you want to go!



Pregnancy Massage

A one-hour session will reduce stress and reduce pain in the back, neck, and joints. Relieves muscle spasms and increases blood and lymph circulation. Helps to maintain skin elasticity and relieve tension and fatigue.