

Frequently Asked Questions

Where are you located?

Windermere, FL (approximately 10 miles east of downtown Orlando)

What are your hours of operation?

Mon – Friday from 10 am – 5 pm

What types of payments do you accept?

I accept cash, checks¹, Visa, MasterCard, American Express.

Do I need a physician's referral?

You only need a physician's referral if you have a history of:

- Stroke
- Heart attack
- Phlebitis
- Thrombosis or other blood clotting disorder

What are some common treatable conditions?

- headaches
- whiplash
- carpal tunnel syndrome
- sports injuries
- inflexibility
- muscle sprains and strains
- stress
- low back, neck, leg and face pain
- post surgical scar tissue
- continued chronic pain
- insomnia
- swelling
- chronic fatigue
- cancer care
- fibromyalgia
- pregnancy - labor preparation and post labor rehabilitation

¹ US banks only

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How is your therapy different from regular massage or physical therapy techniques?

I approach my therapy with the mindset of a facilitator and educator. The techniques have been developed so my clients can empower themselves--by understanding the factors they can control that are contributing to their current health condition. I use massage and movement therapy to locate the areas of their bodies that have become in active, and then we use the tools and techniques to begin strengthen the balance of our body.

What if I have had the injury for over 40 years or my condition is chronic?

As long as you are alive your body has the potential to re-establish its balance.

Do I need to wear special clothing?

Yes, bring some loose fitting, workout-type clothes. During your session you will be full draped on the therapy table, afterwards you will be doing the movement portion of the session.

I have sensitive skin. Will your lotions bother me or stain my clothing?

I only use premium quality, hypoallergenic lotions during therapy. The lotion I use will add moisture to your skin but is not greasy or oily. Most of my clientele are able to return to work after a session without feeling oily or greasy, or the need to shower.

How long does a treatment last?

For your first treatment, plan on being in the office 1½ hours, this includes filling out some paperwork, and treatment time. Follow-up treatments will take 1-1½ hours, depending on your individual needs. I know your time is valuable and have organized my office accordingly. Arriving a few minutes early is essential, as you will be taken to the treatment room at the time of your scheduled appointment.

How much do you charge per treatment?

You are quoted a price for your treatment. Session times are agreed upon before the session begins. My hourly rates are as follows:

- 60 minutes (1 hr) \$150.00
- 90 minutes (1½ hr) \$225.00
- 120 minutes (2 hrs) \$300.00

Are there any other charges?

No.

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What happens in session?

The intention of each one-on-one session is to locate the areas in your body that are harboring chronic muscle stress syndrome. Throughout your session, I will be *helping you* to connect with, and release these restrictions. How long you have had the restriction and the severity of it determines how long your relief will last. I will provide you with individualized routines to help keep your system in balance.

Can I purchase gift certificates?

Yes, gift certificates are always available. They make a unique gift and can be given to anyone for any reason. Gift certificates can be purchased in the office or over the phone, 407-325-3330. I can mail them to you.

How do I know if this is the right therapy for me?

If you have any questions or concerns regarding your specific condition, please feel free to [contact](#) me for further information.