

MASSAGE THERAPY IN WASHINGTON, DC!!

Stephanie Benefield is a nationally certified and licensed massage therapist. She has extensive experience practicing in public and private clinics and hospitals, and has worked with many different populations, including adults, children, seniors, and veterans. Stephanie's practice focuses on reducing chronic pain and increasing mobility of her clients. She tailors each treatment to address her client's individual needs, utilizing a variety of massage and bodywork methods to promote her client's own healing process. Stephanie specializes in the following strategies:

Therapeutic/Medical Massage

Deep Tissue Massage

Lymphatic Drainage

Subtle Energy Therapies

Acupressure

Swedish Massage

Neuromuscular Therapy

Heat/Cool Therapies

Aromatherapy

Therapeutic Yoga

**30-, 60-, or 90- MINUTE SESSIONS AVAILABLE ON
TUESDAY and WEDNESDAY MORNINGS**

Massage Therapist: Stephanie Benefield

Arthritis and Rehabilitation Therapy Services

2021 K St NW, Suite 310

Washington, DC 20006

Reserve your spot by signing up on-site or calling (301) 942-0442 x 431

**COST: \$65 for a 30-minute session, \$110 for a 60-minute session,
\$150 for a 90-minute session,
\$295 for a block of five 30-minute sessions
\$500 for a block of five 60-minute sessions & \$700 for a block of five 90-min
sessions***

***to be paid in advance, non-refundable**

Visit the Wellness Program at www.washingtonarthritis.com