
PRICES

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| 1-Hour Massage <i>(non-JCC Member)</i> | \$80.00 |
| 1-Hour Massage <i>(JCC Member)</i> | \$75.00 |
| 1-Hour Massage <i>(Senior /JCC Member Discount)</i> | \$65.00 |
| 1-Hour Massage <i>(Senior)</i> | \$70.00 |
| 1/2-Hour Massage <i>(Flat Rate)</i> | \$50.00 |
| Gift Cards <i>(Flat Rate)</i> | \$25.00 |

DISCOUNT BOOKS

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| Five 1-Hour Massages <i>(non-JCC Member)</i> | \$375.00 |
| Five 1-Hour Massages <i>(JCC Member)</i> | \$350.00 |

Gift Certificates Available

Cash & Personal Checks Only

***For your protection, a KN95
mask is worn throughout
your appointment.
Therapist is also tested
bi-weekly for COVID-19.***

Off-site sessions available
Depending on distance & time

Aromatherapy with
Essential Oils Available

Appointments Suggested

Walk-ins Welcome

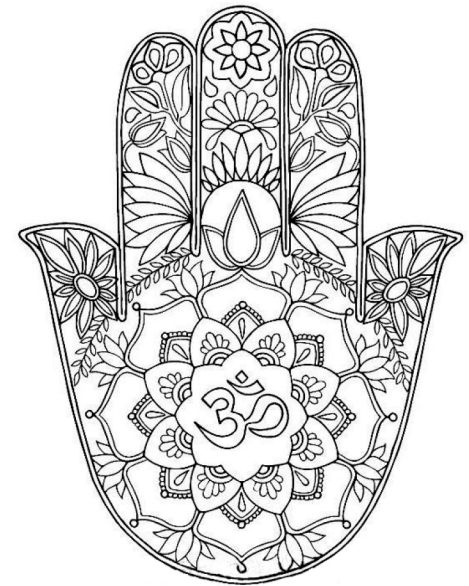
1301 Springdale Road
Cherry Hill, NJ 08003
(Upstairs at the Katz JCC)

(609) 577-8027
(Call or Text)

Inspire

THERAPEUTIC MASSAGE THERAPY

Patricia DiLemme, LMT, NCBTMB



DESCRIPTION OF MODALITIES

CranioSacral Therapy — A gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system — made of membranes and cerebrospinal fluid surrounding and protecting the brain and spinal cord. Using a soft touch no greater than 5 grams (about the weight of a nickel), practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system.

Oncology Massage — A bodywork that is designed specific to the needs of people who are dealing with cancer and/or its treatment. The main focus is to enhance healing while “doing no harm” for people whose bodies are: dealing with lowered immune systems, at risk for developing lymphedema, stressed by radiation and/or chemotherapy treatments, or preparing for/recovering from surgery.

John F. Barnes Myofascial Release — Is a very effective hands-on interactive technique that provides stretching, compression and sustained pressure into restricted areas of fascia (connective tissue) in the body to eliminate pain and restore motion. MFR is a form of structural bodywork, which works on the body as a whole to allow the fascial system to return to its correct position, length and function.

Reiki — An ancient and sacred healing technique that redirects energy in the body by using warm and nurturing hand placements on the body through which concentrated life-force energy is channeled. Blockages are released and energy stimulated. Very effective for stress-related problems.

Trigger Point — Pressure is generally applied with fingers, knuckles, and elbows. This form of therapy is often followed by stretching the muscles.

Lymphatic Massage — A light, hands-on therapy, applied to support and enhance the function of the lymphatic system. Benefits: improved immune function, reductions in bruising and inflammation, detoxification of soft tissue and organs and quicker healing post-surgery.

Neuromuscular Therapy — A specialized form of deep tissue massage in which digital pressure and friction are used to release areas of strain in the muscle.

ABOUT YOUR PRACTITIONER

Patricia DiLemme, LMT, NCBTMB

Welcome to Inspire Therapeutic Massage Therapy! I have extensive experience in the health and wellness industry. In high school, I played field hockey, soccer, and cross-country running. Since high school, I have volunteered in my community's outreach program. In 1991, I joined the United States Air Force and became an Aero Space Physiological Specialist at Brooks Aeromedical Base in San Antonio, Texas. I was trained in Hyperbaric, Hypobaric, and Centerfuge. I was an instructor of physiological change to the human body while flying depth with G-Force & Altitude. I primarily supported the needs of U2 Recon high altitude pilots while being stationed at Beale AFB, California. I worked as a wound care specialist from 1995–2000 in Fort Walton Beach, Florida. In 2000, I worked as a medical assistant for wound care at St. Francis Hospital. From 2001 to 2003, I attended Lourdes Medical School for Massage Therapy and Myofascial Specialist. From 2003 to now, I have been working out of the Katz JCC Community Center in Cherry Hill, New Jersey.

SWEDISH MASSAGE

Regarded by many as the classic massage, the Swedish technique relaxes tension and releases energy blockages by applying light strokes along with deep kneading. It is both soft and stimulating.

SPORT & DEEP TISSUE MASSAGE

A deeper level of massage pressure is employed in a sport massage, while particular attention is given to specific muscle groups. Aching muscles are smoothed, sketched and calmed.

PRE-NATAL MASSAGE

An application of soothing and effective strokes designed to help an expectant mother beyond her third month of pregnancy to gain relief from such common conditions as back pain, headaches, fatigue, nasal congestion, calf cramps and mild edema. It is requested that the obstetrician's permission be obtained prior to the administration of pregnancy massage.

CHAIR MASSAGE

A perfect ending to a long workout. Soothe overworked muscles without undressing in a specially-designed chair. Corporate chair massage is also available at your location.

MYOFASCIAL RELEASE

Slow, twisting compression, skin rolling, fascial spreading, digital sculpting, and spiraling release techniques. MFR is designed to evaluate and treat restrictions in the body's muscles and connective tissue (fascia).

REFLEXOLOGY

The body's natural energy system is both restored and stimulated through reflexology, the ancient practice of foot massage. Based on the principal that zones in the feet govern specific parts of the body. A reflexologist's touch to the foot will reduce stress in the entire body as blood flow and nerve function are improved.

