

Who We Are

Victoria Jordan Stone, CMT & Tod Whitehurst CMT, primary practitioners in the group, are both Nationally and State Certified Massage Therapists and members of Associated Massage & Bodywork Professionals. Victoria is a Director of Blue Ridge School of Massage & Yoga, and both she and Tod teach at the school, and together teach Partner Yoga & Couples Massage classes at the school for the Open University.

We employ other highly qualified massage therapists as needed. We constantly work to upgrade our therapeutic skills through continuing education and professional development. It is our policy to support our local community in various ways, and the massage community through leadership in the South-west Virginia Massage Therapists' Association.



Victoria and Tod

NEW & unique in Western Virginia Warm Water Aquatic Bodywork

Aquatic Bodywork is a form of warm water hydrotherapy and massage, encompassing many differing techniques. The client receives gentle movements and stretches, as they are moved through a pool of 95 degree water. Supported by water, the client is moved with the rhythm of their breath, resulting in greater flexibility and freedom. The weightlessness in this form can free the vertebrae, rotate joints and elongate muscles in ways not possible on land. Being floated in water reduces pain, releases stress, and quiets the mind.

Victoria and Tod have received 100 hours each of training in Watsu at the School of Shiatsu & Massage in California and have set up an indoor therapeutic warm pool in Newport.

"My spine felt like a string of pearls. This is what being in the womb must be like"

Judy Beale

"I'm not sure I've ever felt so relaxed. I breathed more deeply for the next two days."

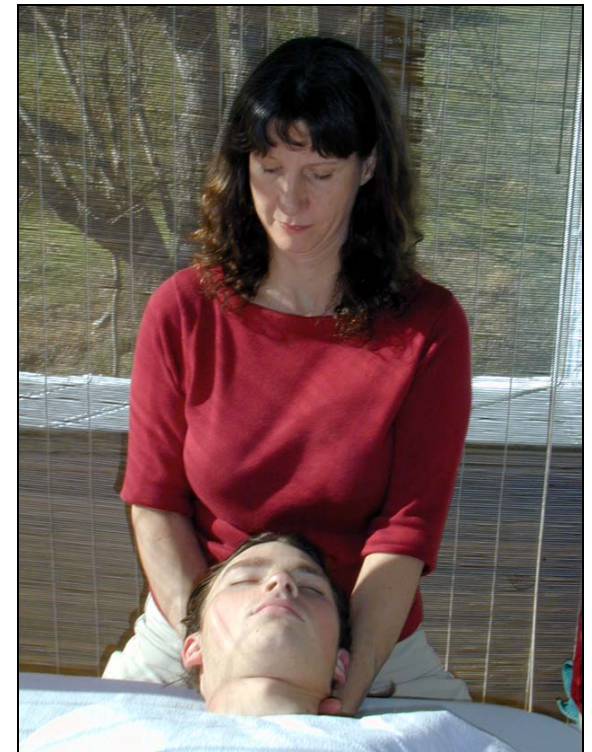
Cheri Houston

Massage Therapy Associates of the New River Valley

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Massage Therapy Associates of the New River Valley

Specializing in Warm Water Aquatic
Bodywork & Therapeutic Modalities



540-392-3723

540-544-3057

NRVmassage.com

Mission

We are dedicated to providing the most relaxing and therapeutic body-work sessions available anywhere. We make appropriate use of heat and warm water in our work, and we create a warm, safe, relaxing, and nurturing experience that will facilitate comfort, injury healing, and wellness in body, mind & spirit.

Bodywork Modalities & Prices

A basic Swedish massage is standard for relaxation and stress relief; into which we integrate techniques from numerous therapeutic modalities as needed when we identify areas that require specialized clinical application of massage – this makes for a very individualized therapeutic session.

The rates for table-based wellness massage are \$60 per hour; \$75 for an hour & fifteen minutes; \$90 for an hour and a half session. Medical massage rates, by prescription, are posted on our website.

We have extensive training in:

- * Aquatic Bodywork (Watsu)
- * Swedish Massage
- * Myofascial Release & Deep Tissue
- * Reiki and other energy balancing
- * Travell Trigger Point Therapy
- * Neuromuscular work
- * Acupressure & Shiatsu
- * Medical Massage
- * Cranial-sacral Therapy
- * Thai Yoga Massage

Bodywork Specialties

Hot Stone Massage: an additional \$10 is added to the regular session rates. spa style,

the hot stones are placed in particular body areas, or integrated therapeutically into a massage, used in the therapist's hands.



Warm Water Aquatic Bodywork The client receives gentle movements and stretches, as they are moved through a pool of warm water. Being floated in water reduces pain, releases stress, and quiets the mind. \$85 per hour and \$50 per half hour.

Thai Yoga Massage; performed on a floor mat for 75 or 90 minute session and involves pressure point technique and gentle passive stretching.

Pregnancy Massage; Victoria offers pre- and peri-natal massage, labor and delivery support, and infant massage lessons. She is in the process of obtaining birth doula certification.

Couples Massage; simultaneous mirrored massage for couples, is simply double the single massage cost.

Workplace Massage; is available at different business locations in the area and on campus.

Call us to plan a massage event at your department or place of business. We can help employers express appreciation to their staff, and help create ongoing wellness and injury prevention programs.

Locations

We have two office locations:
2001 South Main Street, Suite 106, Colony Park, Blacksburg (Blue Ridge School of Massage & Yoga) and 143 Caldwell Lane in Newport

Appointments

For appointments please call: **540-544-3057 • 953-4479** (pager)
Or email staff@nrvmassage.com.

Gift Certificates

Gift Certificates are a great idea for any occasion. Call us and we'll put one in the mail to you or send it directly to your special someone.

For more information our web site is:

NRVMassage.com