

## OHM MISSION & VISION

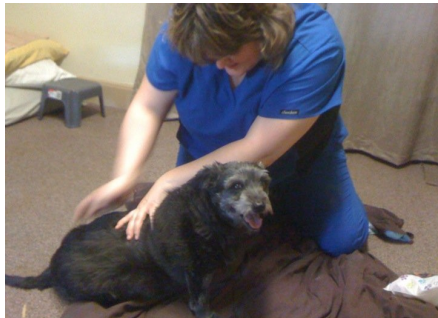
### MISSION:

Open Hands Musculotherapy, LLC is dedicated to offering affordable massage therapy, healing modalities and complementary medicine to the community, given with compassion and reverence in order to treat the whole person.

### VISIONS:

OHM, LLC believes in making significant positive changes in individuals using healing treatments and complementary medicine.

OHM takes great pride in having knowledge of many healing modalities to help fulfill the mission to make a LASTING difference in people's lives.



Open Hands Musculotherapy, LLC

604 N Professional Bldg  
2606 Greenway Dr. Suit#306  
Knoxville, TN 37918

Office Hrs By Appointment:

Wed- Fri 10am-7pm

Sat 10am-4pm

Sat 10am-4pm

Phone: 865-406-2762

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See OHM on FACEBOOK & LINKEDIN!

LMT License #8085

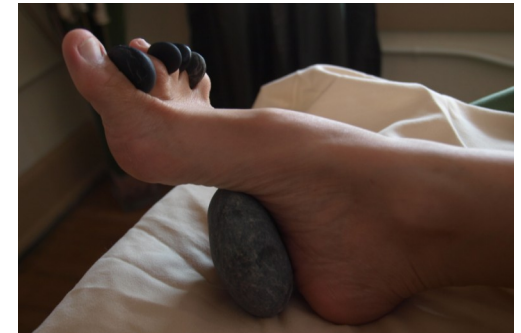
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## OPEN HANDS MUSCULOTHERAPY, LLC

**“HEALING IS  
FOR EVERY BODY!”**

## INFORMATION & PRICE LIST



PHONE: (865)406-2762

WEBSITE: [www.openhandstn.org](http://www.openhandstn.org)

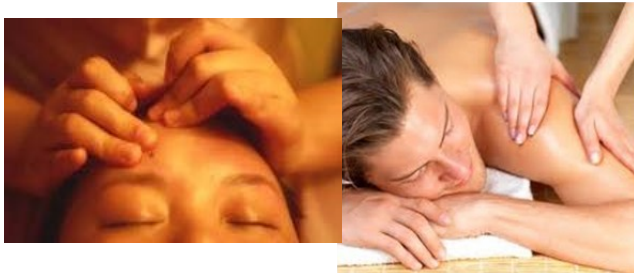
# “HEALING IS FOR EVERY BODY!”

## MUSCULOTHERAPY PRICES & OPTIONS

### WHAT IS MUSCULOTHERAPY?

Musculotherapy is the accumulation of Therapeutic massage therapy and healing modalities that offer direct manipulation of soft tissues in the body to help relieve pain and offer the pursuit of holistic healing.

IN OTHER WORDS...  
THERAPIES THAT FEEL GOOD AND ARE  
GOOD FOR YOUR BODY!!!



### WHO IS OPEN HANDS?

My name is Danae Miley, owner of Open Hands Musculotherapy, LLC. I am a licensed massage therapist, public health educator and a state board certified, registered reflexologist.

I have memberships with the:  
National Certification Board for Therapeutic Massage (NCBTM),  
Association of Bodywork & Massage Professionals (ABMP),  
Tennessee Reflexology Association (TRA) and the  
Tennessee Public Health Association (TPHA).

My goal is to help others reach their full potential through the modalities I was blessed to learn through this community I know and love. It would be an honor to work with you.

|                                                                                                                                 |           |                                                                                                                                           |                  |
|---------------------------------------------------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| <b>SWEDISH/RELAXATION MASSAGE:</b>                                                                                              | 30M \$35  | <b>CORPORATE MASSAGE/ REFLEXOLOGY</b>                                                                                                     | \$1/MIN          |
| Reduces stress, can improve sleep & generalized achiness                                                                        | 60m \$60  | Given in special massage & reflexology chairs at your work to increase productivity & decreases                                           | 6 PERSON MINIMUM |
|                                                                                                                                 | 90m \$80  |                                                                                                                                           |                  |
|                                                                                                                                 | 120 \$110 |                                                                                                                                           |                  |
| <b>INTUITIVE MASSAGE:</b>                                                                                                       | 30M \$40  | <b>MYOFASCIAL RELEASE:</b>                                                                                                                | 30M \$40         |
| Most popular! A mix of modalities to help reduce pain and improve wellness!                                                     | 60M \$70  | Uses SLOW & deliberate Pressure to release superficial fascia that releases pain & restriction.                                           | 60M \$70         |
|                                                                                                                                 | 90M \$90  |                                                                                                                                           | 90M \$90         |
|                                                                                                                                 | 120 \$115 |                                                                                                                                           | 120 \$115        |
| <b>DEEP TISSUE:</b>                                                                                                             | 30M \$40  | <b>STRUCTURAL INTEGRATION:</b>                                                                                                            | \$60/SESSION     |
| Deep pressure and range of motion to break up scar tissue and improve mobility (more intense than Swedish)                      | 60M \$70  | Based on Ida Rolf's technique "ironing out" tissue to improve mobility & decrease pain!                                                   |                  |
|                                                                                                                                 | 90M \$100 |                                                                                                                                           |                  |
|                                                                                                                                 | 120 \$120 |                                                                                                                                           |                  |
| <b>HOT/COOL STONE THERAPY:</b>                                                                                                  | 60M \$80  | <b>MANUAL LYMPHATIC DRAINAGE:</b>                                                                                                         | 30M \$40         |
| Hot OR Cool stones applied to the body to detoxify and get deep into tissue to reduce pain & restrictions.                      | 90M \$100 | Designed to move lymph fluid to the proper channels. Good for autoimmune issues, diabetes, kidney issues, etc!                            | 60M \$70         |
|                                                                                                                                 | 120 \$110 |                                                                                                                                           | 90M \$90         |
|                                                                                                                                 |           |                                                                                                                                           | 120 \$115        |
| <b>SPORTS MASSAGE:</b>                                                                                                          | 30M \$40  | <b>PREGNANCY MASSAGE:</b>                                                                                                                 | 30M \$35         |
| Great for ANYONE with old injuries or people preparing for athletic activities!                                                 | 60M \$70  | Great for the mother-to-be to reduce her aches & pains of pregnancy!                                                                      | 60M \$60         |
|                                                                                                                                 | 90M \$100 |                                                                                                                                           | 90M \$80         |
|                                                                                                                                 | 120 \$115 |                                                                                                                                           | 120 \$110        |
| <b>TOUCH FOR HEALTH</b>                                                                                                         | 30M \$25  | <b>REFLEXOLOGY:</b>                                                                                                                       | 30M \$35         |
| Fully clothed, non-invasive movement of muscle grps. Helps balance and reduce pain.                                             |           | Direct pressure applied to the feet that correspond to nerve paths in the body, including organ systems. Great for chronic health issues! | 60M \$60         |
|                                                                                                                                 |           |                                                                                                                                           | 90M \$80         |
|                                                                                                                                 |           |                                                                                                                                           | 120 \$100        |
| <b>NEUROMUSCULAR/TRIGGER POINT THERAPY</b>                                                                                      | 30M \$40  | <b>COUPLES THERAPEUTIC MASSAGE</b>                                                                                                        | 60M \$100        |
| Applying pressure to tender muscle tissues to reduce pain and body dysfunction.                                                 | 60M \$70  | Relaxation Massage therapy- FOR TWO!                                                                                                      | 90M \$150        |
|                                                                                                                                 | 90M \$90  |                                                                                                                                           | 120 \$200        |
|                                                                                                                                 | 120 \$115 | <b>OR MASSAGE DUO:</b>                                                                                                                    |                  |
| <b>NEURO-VASCULAR HEAD &amp; SINUS</b>                                                                                          | 30M \$30  | 2 massage therapists providing therapeutic massage on one client!                                                                         |                  |
| Head & neck massage using acupressure pts & essential oils. Great for chronic headaches, TMJD, sinus pain & MORE!               |           | <b>CANINE MASSAGE/CRANIOSACRAL THERAPY:</b>                                                                                               | \$20/SESSION     |
|                                                                                                                                 |           | Therapeutic massage therapy, specifically for your dog! Aids in healing injuries, arthritis, hip, dysplasia & MORE!                       |                  |
| <b>CRANIOSACRAL THERAPY</b>                                                                                                     | 30M \$40  | <b>IONIZING FOOT DETOX BATHS:</b>                                                                                                         | \$20/SESSION     |
| Gentle, fully clothed session that releases tensions deep in the body to relieve pain, dysfunction & improve whole body health! | 60M \$60  | Foot bath that adapts to the ionic flow of your body to pull toxins through the feet into the water. Known to increase energy & immunity! | OR               |
|                                                                                                                                 | 90M \$80  |                                                                                                                                           | \$100/7 SESSION  |
|                                                                                                                                 | 120 \$110 | <b>BODY POLISH</b>                                                                                                                        | \$40/SESSION     |
|                                                                                                                                 |           | Invigorating salt scrub with essential oils create a relaxing escape from the world's stress!                                             |                  |