

# Therapeutic Massage

with Kirsten Bishop, LMT



## Meet Our Newest Massage Therapist

Kirsten Bishop is a licensed massage therapist certified at the Academy of Natural Therapy with over 1300 hours of education. She is proficient in Swedish massage, neuromuscular techniques, trigger point therapy, sports massage, cupping and other modalities. All massage sessions are held in a private, comfortable room with relaxing music and provide a tranquil environment to enhance relaxation, stress reduction and injury relief.

## Hours

Monday ..... 9:00A–2:00P  
Tuesday ..... 9:00A–2:00P  
Friday ..... 1:30–5:00P

## Fees

30-minute massage ..... \$45  
60-minute massage ..... \$75  
90-minute massage ..... \$100  
Chair massage upon request.

## Make an Appointment

**Call or text 808.462.2096 to schedule at least 24 hours in advance.** Please check in at the Senior Center front desk 15 min prior to your appt.