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# Welcome to **KA**massage

## MISSION AND VISION

My goal is to provide comfort, healing, and education through customized massage & therapeutic bodywork resulting in quality of life and longevity.



## MASSAGE THERAPY...

manipulates your muscles, joints, tendons, and ligaments. Getting therapy can help reduce pain and increase flexibility. People with illnesses and other conditions that require rehabilitation have shown excellent results after their massage therapy sessions.

Your comfort and wellness  
are my priority  
whether struggling  
physically or mentally.

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## About KA massage



### Hello & Welcome to KA Massage Therapy

I'm glad you're here. My name is Kevin Adams. I am a licensed massage therapist and a firm believer of accessible wellness for all, among many other things. With this page, it is my goal to bring you the knowledge I have learned not only through Massage School and continuing education, but also from experience. I strive to help the people around me find a better quality of life, whether they are struggling physically, mentally, or both.

I am a licensed and insured massage therapist serving clients in Chester County, PA with extensive knowledge and experience in various massage therapy modalities and techniques proven to help people in pain. Some of my hands-on experience include Deep Tissue Massage, Swedish Massage, Sports Massage, and Structural Massage. Other skills include reflexology, postural assessment, and cupping therapy.

In addition to my massage therapy training, I completed corporate training and certification for Isokinetic machines and exercises. Along the way I've developed coaching and reporting skills to monitor my client's progress toward their health goals.

### REVIEWS

"Kevin was able to get me in last minute when I was in pain. He was very professional and his massage technique helped me so much. Very relaxing experience."

Alex Masters



"After months and months of recovering from a sports injury, I decided it would be beneficial to try massage to relax my muscles and progress in feeling right. At KA massage, Kevin was able to help me feel right working with my concerns and my recently operated on shoulder. I can't thank Kevin enough for helping to make my body feel right again so I can get back to my passion of being an active young adult."

Andrew James



"Kevin is a great guy and an amazing massage therapist. Will be a repeat customer and highly recommend to others."

Jimmy Connors

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# KA Services



## Deep Tissue Massage

Come and experience the best Deep Tissue Massage Therapy in Chester County, PA. This type of technique consists of deep strokes and hard pressure. Deep Tissue Massages use firm pressure and slow strokes to massage deep layers of muscle and fascia, the connective tissue surrounding the muscles.

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## Stretch Therapy

Relieve tension and pain with proper postural exercises. Stretch Therapy lightens your muscle, allowing you to move better. Regular stretching can improve your joints and increase flexibility. Kevin can assess your muscle condition and help you relax with continued therapy.

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## Reflexology

Reflexology, also known as Zone Therapy, is an alternative medical practice involving the application of pressure to specific points on the feet, ears, and hands. The method requires thumb, finger, and hand massage techniques without using oil or lotion.

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## Cupping Therapy

Cupping Therapy is an alternative medical treatment (Traditional Chinese Medicine) using suction on the skin by use of heated cups. It draws fluid into the area, decolorating the skin due to broken blood vessels. Celebrities and athletes have popularized its use in recent years.

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## Postural Assessment

Upon arrival at your session, I will perform a postural assessment for each massage appointment. The awareness of your posture will increase your health and decrease back or neck pain.

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# KA Contact Page

*Looking Forward to Seeing You Soon!*

## KA Massage

123 Relaxation Way  
Relief, PA 19333

215.222.3333

Call to schedule your  
appointment today!

## Hours

Monday - Thursday  
11:00am - 7:00pm

Saturday  
9:00am - 12:00pm

Send us a message with any questions you  
have and we will be in touch shortly!

FULL NAME:

PHONE NUMBER:

EMAIL:

MESSAGE:

SEND MESSAGE

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## KA Scheduling



Please Select  
the Massage  
of Your  
Choice

**DEEP TISSUE MASSAGE:** Choose one ▼

30 min/\$45

60 min/\$90

90 min/\$120

**STRETCH THERAPY:** Choose one ▼

30 min/\$45

60 min/\$90

90 min/\$120

**REFLEXOLOGY:** Choose one ▼

30 min/\$45

60 min/\$90

90 min/\$120

**POSTURAL ASSESSMENT:** Choose one ▼

30 min/\$45

60 min/\$90

90 min/\$120

**CUPPING THERAPY:** Choose one ▼

30 min/\$45

60 min/\$90

90 min/\$120

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