

Services

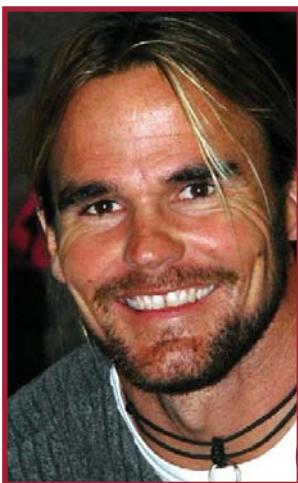
Keith specializes in eliminating pain and dysfunctional movement patterns. He offers a wide range of treatments:

- Esalen or Swedish relaxation massage
- Neuromuscular Therapy (N.M.T.)
- Thailand Medical Massage
- Deep-tissue sports massage

About Keith

Keith earned Associates degrees in Science and Holistic Health from the International Professional School of Bodywork in Pacific Beach, California.

He is certified in Combined Bodywork Modalities, Holistic Health, and National Academy of Sports Medicine (N.A.S.M.) Personal Training.



Keith enjoys surfing, skateboarding, mountain biking, swimming, and rock climbing. He and his wife Jessica live in Encinitas, CA, with their children, Jaden and Temple.

Benefits

Massage is the primary natural method for healing and strengthening the body. Consistent sessions will eliminate pain, tightness or movement dysfunction.

- **Release stress** from your body
- **Stimulate circulation**
- **Eliminate pain** and muscle tightness
- **Improve stamina** and vitality
- **Correct structural imbalances** or dysfunction
- **Relax!**

What is N.M.T.?

Neuromuscular Therapy is a scientific approach to muscular pain relief. It uses specific methods of balancing the musculo-skeletal and nervous systems to eliminate neuromuscular pain.

N.M.T. enhances joint, muscle and overall movement function by repairing damaged tissues and restoring nervous system operations.

Used alone or as part of a total healing program, N.M.T. increases flexibility, balance, strength and vital energy.

Rates

For your convenience, Keith will travel to you.

Service	Price *
1-hour session	\$140.00
Additional hour	\$100.00
1/2 day (up to 3 sessions)	\$400.00
Full day (up to 6 sessions)	\$800.00

* Includes travel to San Diego and your choice of bodywork treatment modalities (see *Services*).

“Even with all the professional massage I’ve had the privilege to receive at golf resorts around the world, Keith’s expertise is incomparable. I can’t recommend his services highly enough.”

- John Ashworth, co-founder, Ashworth Inc.

“Keith’s work has kept me in the game for the past four years. He has an uncanny ability to zero in on my repetitive movement patterns and work out the kinks from training. Occasionally I just have a relaxation session - all of his work is fantastic!”

- Diana Lovejoy, competitive triathlete

Energize. Fortify. Restore.

The right touch in bodywork balances, heals and strengthens the body.

Keith Alban uses advanced skill and your choice of bodywork modalities to rejuvenate your muscles and their support systems.



Mobile Massage: Where *You Are*

Keith is based in Encinitas, CA, but makes special travel arrangements to accommodate MegaYacht owners and crew. This maximizes both your time and therapeutic benefit!
For rates and details, see inside.



Life Movement
Bodywork and Movement Therapy
Encinitas, CA
(760) 214-4867

Put the
wind back
in your sails.



Life Movement
BODYWORK BY KEITH ALBAN
(760)-214-4967