

# VICTOR FRANCS

Victor Francs, Ph.D. in Naturopathic Medicine, lives six months in Paradise Valley and six months in Miami, FL with his wife Audrey and their Rhodesian Ridgeback Dezi. He has been a massage therapist and wellness consultant on world-renowned Fisher Island for 20 years, and this marks his 26th season working with Mountain Sky. Victor is a certified personal trainer, Reiki Master, and author of the book AquaBliss: The Zero-Gravity Solution.

## **MEDICAL MASSAGE (\$100 for 60 minutes, or \$150 for 90 minutes)**

The focus of this therapy is the release of fascia and adhesions, which are invisible to MRI's and X-rays. Chronic pain and restriction from old injuries or patterning, prevent the body from operating at a peak level. Four systems of the body use the fascia as their matrix: blood returning to the heart, the acupuncture meridians, the sensory nervous system, and the lymphatic fluid all flow through the fascia. The increase in tissue resilience translates into a literal Fountain of Youth.

## **INTEGRATIVE MASSAGE (\$100 for 60 minutes, or \$150 for 90 minutes)**

A combination of techniques including Hawaiian Lomi Lomi, Ortho-Bionomy, Positional Release, Japanese Shiatsu, Swedish and Active Isolated Stretching.

## **GOLFER'S STRETCH (\$100 for 60 minutes)**

A favorite of professional and elite athletes. Stretches only last 2 seconds which bypasses the myotatic stretch reflex. The results are an amazing increase in range of motion, which can markedly improve your swing. Wear shorts or loose-fitting clothing.

## **AQUA STRETCH KINETICS (\$100 for 60 minutes)**

Using specially designed floatation, active isolated stretching is translated to the water. The absence of gravity allows the muscles and joints to expand resulting in pain-free stretching and an incredible opening of the tissues. Eccentric contractions are also employed to realign the fascia. Mornings only!