

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 two Rhodisian Ridgebacks - Sammy and Dezi. He has been a massage therapist and wellness consultant on world-renowned Fisher Island for 18 years, and this marks his 23rd season working with Mountain Sky. He is also the featured health and wellness expert on a weekly business radio show dispensing lifestyle advice for busy executives. 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)

Indicated for chronic conditions such as neck, shoulder, rotator cuff and low back pain. Also, carpal tunnel syndrome, tennis elbow, golfer's elbow and foot and ankle problems such as plantar fasciitis and heel pain.

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)

Available before lunch only. Using specially designed floats to utilize weightlessness, this session will give you all the benefits of a yoga class without the stresses of gravity. Bring your swimsuit!