

Donna Armentrout, LMT

Donna has over 20 plus years of experience in the healing art. She is licensed by the State Medical Board of Ohio, certified ACE personal trainer and HeartMath Coach, which supports her holistic health philosophy. She works with individuals, couples and small groups, seeking positive ways to improve their health.

Donna's passion is to help clients understand and connect with the true healing nature of their bodies so they can maintain an active and quality lifestyle as they age. In her off-hours, you can find her playing pickleball, running track, or hanging out with family, friends & her two Shih-Tzu's, Teddy & Sachi!



HOURS BY APPOINTMENT ONLY

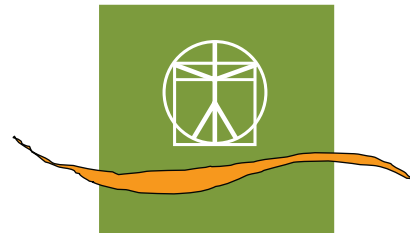
(937) 371-7906

Monday through Friday
8:30 am - 5:30 pm

Saturday
9:00 am - 12 noon

*Our office is in the lower level
of The Landing Apartments*

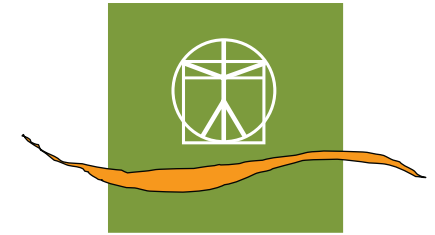
115 W. MONUMENT AVENUE
DAYTON, OHIO 45402



D A Y T O N
M A S S A G E
C O N N E C T I O N

Dayton Massage Connection
is a holistic health services provider
specializing in the healing arts of
medical massage, bodywork,
and wellness coaching.

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D A Y T O N
M A S S A G E
C O N N E C T I O N

Massage
Therapy
&
Integrative
Bodywork

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What is Integrative Bodywork?

It is an umbrella term that describes the hands-on techniques of massage, touch, and movement used to align the body and promote energy flow. This holistic therapy promotes relaxation, especially with the musculoskeletal system, enhances blood and lymph circulation, and relieves muscle tension. Bodywork includes more than 150 varieties of body manipulation therapies used for relaxation and pain relief.



12 Health Benefits of Integrative Bodywork

- Relieve stress and anxiety
- Improve circulation and blood flow
- Increase range of motion and mobility
- Enhance exercise performance
- Reduce pain from Sciatica
- Lower blood pressure
- Decrease symptoms of Carpal Tunnel Syndrome
- Reduce pain from arthritis
- Sleep better
- Ease tension headaches and TMJ
- Improve posture
- Strengthen the body's immune system

Sessions range between 25-90-minute increments. Pricing varies based on the service and session length.

Techniques Offered

SWEDISH MASSAGE | ACUPRESSURE
FULL BODY STRETCHING
MYOFASCIAL RELEASE
PERCUSSION | AROMATHERAPY
POLARITY THERAPY
MERIDIAN WORK | TRIGGER POINT
CRANIOSACRAL THERAPY
REIKI | POSITIONAL RELEASE
TOUCH FOR HEALTH
INFRARED RED-LIGHT THERAPY
WHOLE BODY VIBRATION
SPORTS MASSAGE



WHAT TO EXPECT AT A SESSION

- You will be greeted by your therapist.
- A brief medical history will be taken.
- Your initial massage will last an hour. Followup sessions are customized to the goals of each client.
- Your therapist will do everything possible to insure that your massage session is positive and rewarding.



DAY OF APPOINTMENT/ARRIVALS

Please arrive 5 to 10 minutes before your scheduled appointment to relax and get acquainted with your surroundings. Regrettably, we are unable to make up lost time if you arrive late.

PAYMENTS

Payment is taken at the time of your service via Venmo, check, cash or credit card. There is a \$3 service fee for credit card processing.

CANCELLATIONS

Cancellations are accepted up to 24 hours before a scheduled appointment so that we may offer your slot to others. Any cancellations with less than 24-hour notice are subject to a cancellation fee.