

District Wellness Group

Massage | Acupuncture | Life Coaching

***Holistic health in the
heart of Dupont Circle!***

About Us

The District Wellness Group is a multi-disciplinary group of practitioners dedicated to assisting individuals meet their health and wellness goals. Our primary services include Massage, Acupuncture, and Life Coaching. A variety of classes and workshops are also offered.

At District Wellness, we encourage our clients to consider how your mind and body work in synergy to produce optimal health and fitness. Whether you are treating an illness or injury, trying to reduce stress, looking to increase your energy level, or wanting to enhance athletic performance, we will help you pursue and achieve your goals.

Come to District Wellness and let us help you to achieve *your* optimal level of health and wellness!

Live, Learn, Grow...

Location and Hours

District Wellness Group is located in the heart of Dupont Circle at the intersection of Connecticut Avenue, Q St. and 20th St. Nearby are many fabulous shops and restaurants. The Dupont Circle Metro Station (Q St. exit; north side) is only steps away from our door.

Hours of Service: Monday - Friday Noon to 9pm; Saturday 10am to 8pm; Sunday Noon to 5pm.



Massage

Swedish • Deep Tissue • Sports Massage • Trigger Point • Shiatsu • Reiki • On-site Chair Massage

Massage therapy improves circulation by bringing oxygen and other nutrients to the body tissues, helping the body to function more efficiently and comfortably.

Recipients of massage may enjoy these benefits:

- relief of muscle tension and pain
- increased flexibility and mobility
- reduced pain & stiffness in muscles and joints
- clearing of lactic acid and other waste
- reduced stress
- enhanced immune functioning
- increased energy level
- correction of imbalances and misalignments
- enhanced athletic performance & quicker recovery time



Our team of professional massage therapists is comprised of men and women who are experienced, well trained and certified. Please visit our website to learn about our massage therapists' specific training and areas of expertise.

Schedule appointments at *your* convenience using our [24-hour online scheduling](#) program available through our website.

Appointments are available 7 days a week!

[Massage Cards](#) offer our clients significant savings and are available in three and five packs for both one hour and 90-minute massages.

Acupuncture & Herbs

Traditional Chinese Medicine is a complete system of healing that has been utilized for thousands of years to treat a wide array of conditions. Acupuncture, herbology, nutrition, massage and other methodologies are incorporated to promote healing and health through the body's natural functions. Acupuncture uses pre-sterile one time use stainless steel pins (as fine as a strand of hair) that lightly enter the skin and activate the internal systems of the body to restore health and healing.

Herbology is the Chinese art of combining medicinal herbs in a cocktail tailored to the individual's needs. Acupuncture and Herbology are highly effective for treating the following conditions:

joint & muscle pain, prenatal & postnatal care, migraines, digestive disorders, asthma, stress, skin conditions, impotence, fibroids, infertility, respiratory difficulties, insomnia, impaired immune function, seasonal allergies, and sports injuries.

Life Coaching

Life Coaching is a collaborative process between Client and Coach aimed at helping individuals to clarify and achieve personal &/or professional goals. Life Coaches use multiple methods to assist clients with the process of goal-setting and attainment. Coaching is not targeted at psychological illness, nor is it appropriate for those who are challenged by significant clinical issues. Clients who respond most favorably to Coaching demonstrate a willingness to learn something new and are committed to the process of making change and realizing their goals with the support and guidance of their Coach.

Life Coaching is a particularly effective process for:

- negotiating life transitions (social, professional or personal)
- managing stress effectively
- improving the quality of relationships
- clarifying goals
- instituting lifestyle change (diet, exercise, health)
- enhancing peak performance in sports, business, the performing arts

Price List & Scheduling

Massage

Half-hour	\$45
One Hour	\$80
90-minutes	\$110
Chair Massage	Call for quote

Massage Cards

(offer savings of 10% to 15%)

Three Pack:	
One Hour	\$216
90-minutes	\$297

Five Pack:	
One Hour	\$340
90-minutes	\$470

Acupuncture

Initial Consultation	\$140
Individual Treatment	\$80

Tai Chi and Kung Fu Classes

12-session series	\$140
Drop-in class	\$15

Life Coaching

Initial Consultation	\$140
Individual Session	\$125

Online Scheduling


Please visit us at www.DistrictWellness.com to access our 24 hour online scheduling program for Massage appointments.

Gift Certificates

Gift certificates may be purchased online or in-person.

Class and Workshop Updates

Please check our telephone voicemail system for the most up-to-date information regarding times and dates for classes and workshops.



District Wellness Group
1608 20th St., NW, 3rd Floor
Washington, DC 20009

Dupont Metro (north)

202-299-1200

www.DistrictWellness.com

Online Scheduling Available!