

Wellstar Health Place Massage Therapy

STANDARD MESSAGES

Swedish	30/60/90 minutes	\$55/\$75/\$100
Deep Tissue	30/60/90 minutes	\$60/\$80/\$105
Neuromuscular	30/60/90 minutes	\$55/\$75/\$100
Reflexology	30 minutes	\$50
Hot Stone	60 Minutes	\$90
Lymphatic Drainage	30/60 minutes	\$65/\$80
Sport	60/90 minutes	\$80/\$105

SPECIALTY MESSAGES

Oncology Massage	60 minutes	\$80
Myofascial Release	30/60/90 minutes	\$65/\$80/\$110
Pregnancy	60/90 minutes	\$80/\$100



Gift Certificates
are available upon request

Save money with a
massage package!

*See the front desk for details.
Ask how to enhance your
massage experience!*

Visit **wellstarfitness.org**
for more information
and therapist bios.

**Questions? For more information
or to schedule an appointment,
please call (770) 793-7300.**

Wellstar Health Place

Massage Descriptions

Swedish Massage: This technique is designed to relax and revitalize the whole body. Done by rubbing the muscles using long gliding strokes in the direction of blood returning to the heart, it is great for circulation and relaxation. Light to moderate pressure is applied.

Neuromuscular Therapy: This massage technique uses alternating strokes of concentrated pressure on areas of muscle spasm. The therapist uses fingers, knuckles or the elbow to treat ischemic tissue (lacking blood flow), release lactic acid and increase blood flow to the belly of the muscle. This technique helps to reduce back pain and muscle strain. Moderate to deep pressure is applied.

Myofascial Release Therapy: Connective tissues called fascia surround the muscles, bones, nerves and organs of the body. This technique is an effective treatment to release fascial tension and chronic pain due to trauma, posture or inflammation. It involves a gentle sustained pressure to the myofascial connective tissue to restore motion and eliminate pain.

Lymphatic Drainage: This treatment aids in healing the skin through reduction of inflammation. It helps to break down scar deposits and assists with proper functioning of the body's immune process. This is important in the transport of nourishment to the cells and the removal of toxins and waste products from the cells – both of which are integral to the healing process of the skin. This technique keeps the environment around the cells healthy by stimulating immune system function. This treatment has a very light (about the weight of a dime), slow, hands-on touch.

Reflexology (feet only): The therapist uses fingers and knuckles to trace regions on the feet and provide deeply stimulating therapeutic massage. The areas of focus correspond to organs and systems of the body. Reflexology can reduce pain, anxiety, depression and enhances relaxation and sleep. Contraindications: Not to be used on pregnant women.

Sport Massage: This massage therapy is geared toward athletic participants. It is used to help prevent injuries and to help athletes recover from workouts and previous injuries. It also prepares the body for athletic activity to maintain optimal physical condition. Deep pressure is applied.

Deep Tissue Massage: The therapist uses elbows and forearms to provide deeply stimulating therapeutic massage. This technique helps in releasing tight, dense, overused muscles. Firm strokes are given and designed to release deeper layers of muscle tension.

Hot Stone Massage: This technique uses heat therapy as a luxurious and relaxing massage. Polished basalt lava stones are warmed and incorporated into the massage. The stones can be used on their own or as massage tools in combination with essential oils. (Health Place location only)

Tranquil Touch: Tranquility Touch Hand Massage is specific hand massage that was perfected by Tranquility Hospice. This light touch therapy is a series of movements addressing each area of your hand with gentle, comforting massage. This tranquil touch technique will help you relax and refocus your energy.

Oncology Massage: This therapy is body work that safely adapts massage techniques within the clinical guidelines of each unique case. Massage adaptations are necessary for bone metastasis, bone pain, removal of any lymph nodes, low blood cell counts, surgery, medical devices and fatigue just to name a few. Benefits include relaxation, improved sleep, decreased anxiety, reduced fatigue and pain, and decreased feelings of isolation.

Burn Scar Massage: This therapy is body work that takes into consideration the degree and type of burn, the percentage of body affected, along with locations and types of scarring. It also considers contractures, skin grafts and if donor sites are present. Benefits include increased circulation, range of motion, and pliability. It helps provide moisture to the skin, and can reduce itching, anxiety, depression and feelings of isolation.

Pregnancy: Massage during pregnancy relieves the physical and emotional discomforts that accompany pregnancy such as backaches, leg cramps, fatigue, insomnia and headaches. Physician release required during first trimester.

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