

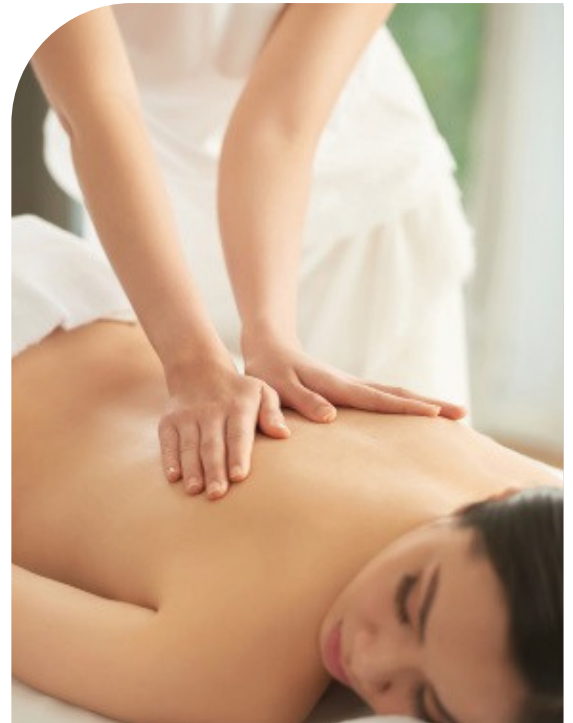
# Wellstar Health Place Massage Therapy

## STANDARD MESSAGES

<b>Swedish</b>	30/45/60/90 minutes	\$55/\$65/\$75/\$100
<b>Deep Tissue</b>	30/45/60/90 minutes	\$60/\$70/\$80/\$105
<b>Neuromuscular</b>	30/45/60/90 minutes	\$55/\$65/\$75/\$100
<b>Reflexology</b>	30 minutes	\$50
<b>Hot Stone</b>	60/90 minutes	\$90/\$115
<b>Lymphatic Drainage</b>	30/45/60 minutes	\$65/\$75/\$80
<b>Sport</b>	60/90 minutes	\$80/\$105
<b>Sinus</b>	30 minutes	\$50

## SPECIALTY MESSAGES

<b>Oncology</b>	60 minutes	\$80
<b>Myofascial Release</b>	30/45/60/90 minutes	\$65/\$75/\$80/\$110
<b>Prenatal</b>	60/90 minutes	\$80/\$100



**Gift Certificates**  
are available upon request

Visit [wellstarfitness.org](https://www.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 backpain 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.

**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.

**Prenatal:** 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.

**Sinus:** This Massage will help anyone fighting allergy issues or getting over a cold. It helps open up the nasal and sinus passageways for better breathing and congestion. Peppermint or eucalyptus essential oils with hot towels are used along with massage of the back, neck, shoulders and face. Not available for people currently experiencing a cold, who have uncontrolled blood pressure, or are pregnant.

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