



## Massage Therapy

Massage therapy is one of the oldest forms of healing. One of the most basic benefits of massage therapy is its ability to make you feel more relaxed and less stressed. Therapeutic massage can be used to promote general well-being and enhance self-esteem. There are other benefits as well; research studies show massage reduces heart rate, lowers blood pressure, increases blood and lymphatic circulation, relaxes muscles, increases joint flexibility and range of motion, and improves skin tone. There are many different forms of massage therapy, each bringing unique benefits. At Mariners Wellness Center, you can choose between a Swedish Massage, a Hot Stone Massage or a Chair Massage.

### **Swedish Massage**

This relaxing form of massage involves long, slow strokes, kneading and friction techniques to relieve tension in the body. It is used in combination with active and passive movements of the joints. Other techniques including deep tissue and trigger point therapy are also used.

	<b>Hospital Employee</b>	<b>Member</b>	<b>Non-Member</b>
Half session (25 min).....	\$35.....	\$45.....	\$55
Full session (55 min).....	\$55.....	\$65.....	\$80

### **Hot Stone Massage**

Experience this amazing and unique treatment. Hot stone massage involves the application of water-heated basalt stones of varying sizes to key points on the body, giving a deep massage and creating sensations of warmth and comfort. The direct heat relaxes muscles, allowing manipulation of a greater intensity than with regular massage.

	<b>Hospital Employee</b>	<b>Member</b>	<b>Non-Member</b>
Full session (55 min).....	\$75.....	\$90.....	\$105
Deluxe session (85 min).....	\$95.....	\$110.....	\$130

### **Chair Massage**

A seated massage is specifically suited to those who are crunched for time. It increases circulation and relieves stress in high-tension spots, promoting a renewed sense of energy, well-being and vitality. It is also an effective and convenient way to boost productivity during stressful times.

	<b>Hospital Employee</b>	<b>Member</b>	<b>Non-Member</b>
Basic session (10-min).....	\$15.....	\$20.....	\$25
Each additional minute.....	\$1.....	\$1.....	\$1

## **To schedule an appointment**

Please call the Wellness Center at 305-434-3700 to schedule your massage. Sessions are by appointment only and must be made at least 24 hours in advance.

## **Please Note**

- All medical conditions, medications taken and other health concerns must be disclosed to the therapist prior to your session.
- Cancellations of less than two hours before scheduled time will result in the full charge for the session.