

Massage THERAPY

The Chester County Hospital is pleased to offer Massage Therapy as a supplement to traditional medicine. The experienced professionals from **Healing Hands** have partnered with the Hospital to provide this service to you for your comfort and care.

Massage Therapy has been credited with helping relieve stress and tension, calming the nervous system, easing aches and pains, increasing flexibility and energy, stimulating the endorphins and inducing better sleep patterns.

A certified massage therapist will discuss the goals of the session and speak with you about your health. An individualized session is planned taking into consideration your medical history and personal needs. The therapeutic massage may include one or more of these techniques:

Relaxation Massage - very light touch

Reflexology - pressure point massage on the feet and/or hands

Swedish Massage - Long, smooth strokes that knead and compress the upper layers of the muscles

Reiki - A touchless approach

Please see reverse side for session & pricing information >

Massage THERAPY

• UPON YOUR REQUEST •

Half-hour massages are available upon request. **Please let your nurse know your session preference by 10 a.m.**

Session **A** : 2 p.m. - 4 p.m.

Session **B** : 4 p.m. - 7 p.m.

Session **C** : 7 p.m. - 9 p.m.

During your massage, your visitors are welcome to wait in the family lounge or our Cafeteria.

• PRICING INFORMATION •

1/2 hour session\$35

1 hour session.....\$70

**Please note that there is a two-hour cancellation policy.*

Cash or credit card payment accepted at bedside.



Massage Therapy
The Chester County Hospital

BEYOND GOOD CARE™