

The Integrative Medicine Clinics Massage Therapy



What is Massage Therapy, and how does Massage Therapy work?

Massage therapy involves manipulating the soft tissues of the body and has been practiced in most cultures throughout human history.

Massage therapy relaxes muscle tissue, which reduces painful contractions and spasms and can help reduce nerve compression. It may also improve blood and lymph circulation.

What benefits can clients receive from Massage Therapy sessions?

Benefits include relaxation, stress reduction, mental clarity, and an enhanced sense of well-being. Massage activates the body's relaxation response. Beginning with relaxation, clients subsequently report the following:

- Lessening of pain and discomfort
- Release of worry, stress, and anxiety; mental clarity
- Improved sleep patterns
- Feelings of calm and peace
- Generalized sense of well-being
- Improved pain management
- Reduced muscular tension
- Enhanced exercise performance
- Reduction of headache intensity and frequency
- Improved mood
- Less stress

How much is Massage Therapy?

Therapeutic massage

30 min: \$42 60 min: \$79
90 min: \$105

Prenatal Massage

60 min: \$79

Salt Stone Massage

60 min: \$132

- Add on Aromatherapy (essential oil): \$10
- The recommended number of sessions that clients should try is 3 Massage Therapy sessions to determine effectiveness.
- Massage Therapy is self-pay, and you can obtain a referral from your provider to use your FSA/HSA, after you check if you qualify with your insurance provider.

Where do I begin?

Please call the Integrative Medicine Clinic at **(331) 221-6135** to make an appointment.

Healthy Driven

Edward-Elmhurst
HEALTH

Edward-Elmhurst Health Center
8 Salt Creek Lane, Suite 302
Hinsdale
(331) 221-6135

EEHealth.org/services/integrative-medicine