

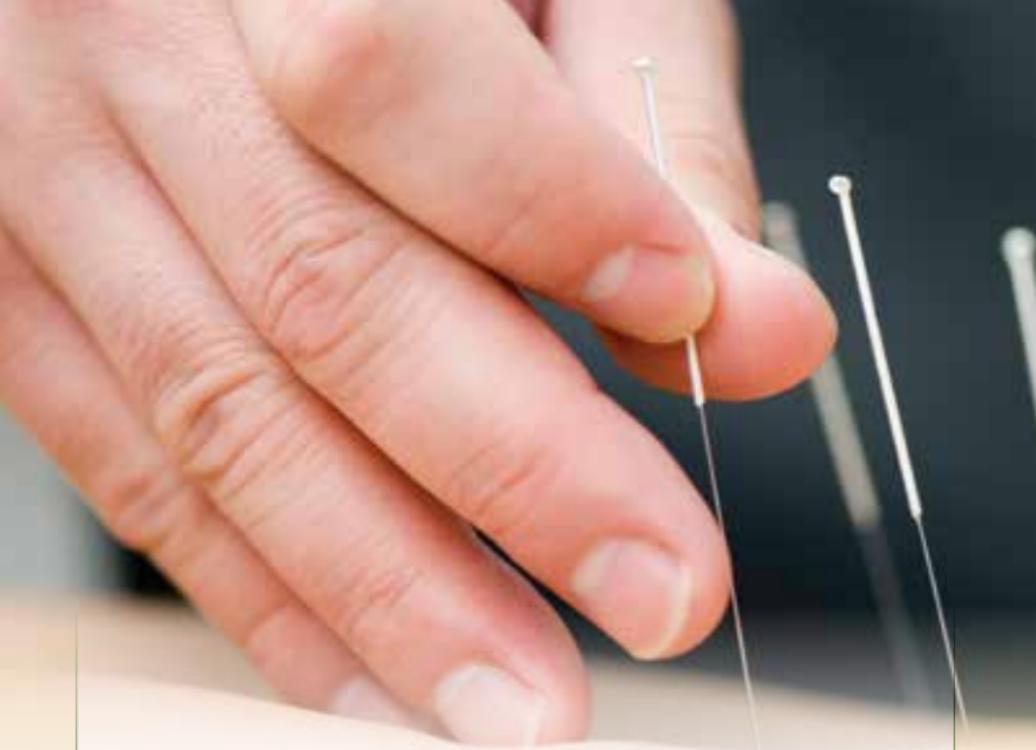
THE TEVIS CENTER FOR WELLNESS

*Complementary
Health
Services*



**CARROLL
HOSPITAL**

A LifeBridge Health Center



Complementary Health Services

Acupuncture (Private)

Acupuncture is based on the natural laws that describe the movement of life energy, or Qi, in nature and in the body. This energy can be touched and affected through specific points on the body by our licensed acupuncturist. Acupuncture's effectiveness has been supported by both the National Institutes of Health and the World Health Organization, which have endorsed it for many conditions, including—but not limited to—stress, depression, anxiety, allergies, headaches, and menstrual and menopausal symptoms.

Initial consultation and treatment: \$135

Follow-up visits: \$80

Auricular Acupuncture

Auricular acupuncture is a gentle, yet powerful, approach that treats the whole body by focusing on the acupuncture points of the outer ear. Acupuncture can help us move through life with more ease, less pain and stress, and a greater awareness of ourselves and our well-being.

30-minute trial session of acupuncture in a group setting

\$15 per person

Registration not required; space is limited.

Call 410-871-7000 for more information.

Community Acupuncture

In community acupuncture, individuals receive care from a licensed acupuncturist in a group setting while resting, fully clothed, in a comfortable recliner. The group setting makes regular acupuncture more affordable, and some claim that treatment effects are enhanced because of it.

Initial consultation & treatment: \$70

Follow-up visits (up to 1 hour): \$30

National Acupuncture Detoxification

Association (NADA) Auricular Acupuncture

Are you trying to lose weight, quit smoking or curb an addiction? Auricular (ear) acupuncture can be an effective solution. It can aid in the treatment of a variety of health conditions, such as obesity and addiction, while also reducing stress and increasing one's overall well-being.

Two-week class (10 sessions): \$150 (\$135 if paid in full)

Follow-up visits: \$15

Full Facial

The treatment begins with a skin analysis to determine the specific needs of your skin, followed by a deep cleansing, exfoliation, steam, massage with an essential oil blend, extractions, treatment serum, mask treatment, heated hand treatment and moisturizer.

1½-hour facial: \$90

Mini Facial

A shorter version of the full facial, the treatment begins with a skin analysis to determine the specific needs of your skin. It includes a deep cleansing, exfoliation, treatment with essential oils, extractions, mask treatment and moisturizer.

1-hour facial: \$60

Gentlemen's Facial

Designed for men's skin left irritated by shaving, this treatment begins with a skin analysis to determine the specific needs of your skin. It includes a deep cleansing, treatment with essential oils, extractions, treatment mask and moisturizer.

1-hour facial: \$60

Oncology Facial

This relaxing facial helps restore important nutrients that are lost with cancer treatments. It includes cleansing, detoxification, natural treatment serums, a nourishing mask, moisturizer and hand treatment. Patients with certain conditions, including chemotherapy-induced acne, rash, skin pain and dermatitis, are unable to receive this treatment; call for more details. A physician's referral is required.

1½-hour facial: \$90

Guided Imagery

A quiet space is provided for you to try a recorded guided imagery meditation. Take a few moments from your busy day to visit the Tevis Center for Wellness for a free guided imagery session. Based on the concept that your mind and body are connected, guided imagery uses directed thoughts and suggestions to guide your imagination toward a relaxed, focused state.

Monday – Friday, noon to 12:30 p.m. (except holidays)

Free; registration not required.

Space is limited; doors close promptly at noon to minimize disruptions.

Hot Stone Body Massage

Hot stone body massage is used to deepen the relaxation of muscle tissue and increase circulation in areas of focus. This gentle, but effective, method uses thermal application and manipulation of stones to reduce stress and promote well-being.

1-hour massage: \$85

Infant Massage

Even babies can benefit from the release of “feel good” hormones during massage. The infant massage will allow a baby to feel some relief from the discomforts of teething, colic, congestion and emotional stress, as well as facilitate bonding between mom/dad and baby. During an infant massage, one or both parents will work one-on-one with a certified massage therapist and their infant (age 3 weeks to 6 months). The introductory one-hour session includes instruction, massage oil and a resource book.

1-hour initial massage: \$75

1-hour follow-up massage: \$65

Japanese Hot Stone Facial Massage

This form of massage utilizes highly polished, smooth, round stones to give a very soothing 30-minute facial massage. The technique used with a Japanese Hot Stone Facial Massage stimulates facial tissues and nerves, increasing blood circulation to the face, bringing added moisture and nutrients to the tissues and aiding in cell regeneration.

30-minute massage: \$55

Lymph Massage

Using very light circular motions, a massage therapist trained in lymphatic drainage stimulates the lymph system to help it work more efficiently to drain fluid and reduce swelling. This massage is beneficial for people with cancer (with doctor approval), fibromyalgia and chronic fatigue syndrome, and those recovering from a sports injury or surgery, when lymph vessels become overwhelmed with the demand placed on them.

1-hour massage: \$75

30-minute massage: \$50

Massage Therapy

Massage is a tool used for relaxation and stress reduction. Enjoy a relaxing, personal massage by an experienced, licensed massage practitioner. Methods available include Swedish, pregnancy, cancer and mastectomy massage. (Physician consent required for pregnancy, cancer and mastectomy massages.)

1½-hour massage (includes Reiki): \$95

1-hour massage: \$75

30-minute massage: \$50

15-minute massage: \$20

Inpatient massage is available in hospital rooms with a physician's order. (Based on practitioner availability)



Integrative Reflexology®

Integrative reflexology involves massage of the feet, hands and ears at specific points to promote relaxation, stress reduction and well-being. Treatments include a foot soak and scrub and the use of a hydrating foot cream. Hand and ear reflexology may be included. Thirty-minute treatments do not include a foot soak and scrub.

**This treatment is not recommended for people who have diabetes, poor circulation, blood clots, foot infections, or hand and feet conditions that require medical attention.*

1-hour treatment: \$75

30-minute treatment: \$50

Reiki

Reiki, the practice of moving energy to increase the body's natural ability to heal, is a non-invasive, powerful process. Treatments are administered by certified Reiki Masters.

1-hour treatment: \$75

30-minute treatment: \$50

Yoga

Yoga is an invitation to be fully in the present moment and move with awareness. Learn to listen to your inner wisdom while achieving flexibility, relaxation, mental clarity and peace. Yoga mats are provided, or you may bring your own mat, large towel or blanket. Call for class schedule and availability.

Zero Balancing

Zero balancing is a hands-on body/mind system of therapy designed to enhance health by balancing body energy with the body's skeletal structure. It integrates the Eastern principles of energy and healing with the Western scientific investigation of human anatomy and quantum physics. This body handling system is done through clothing, with an average session lasting 30 to 45 minutes. Call for more information.

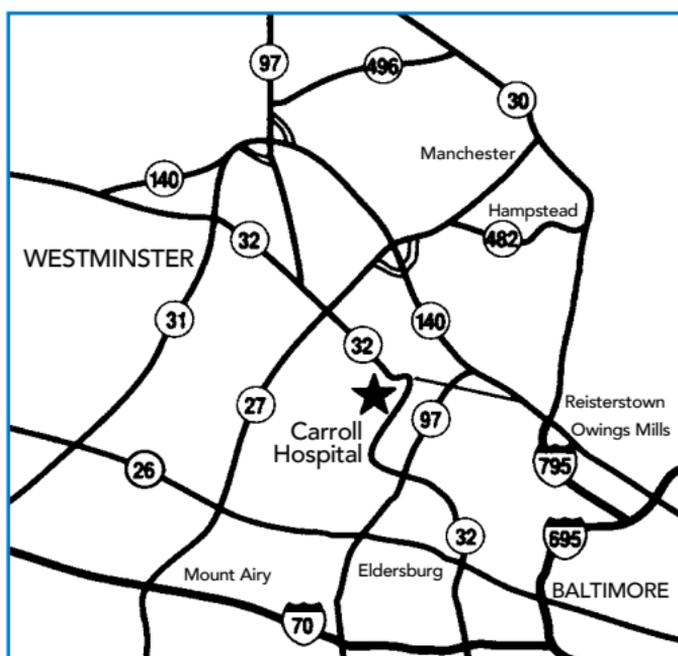
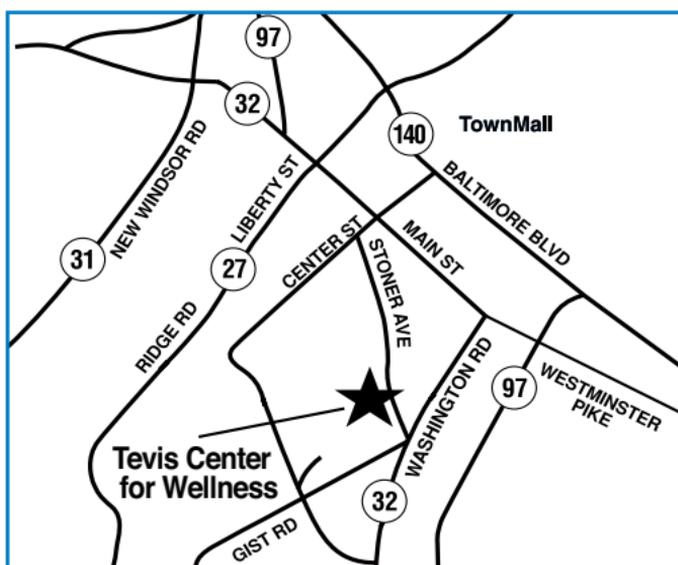
3-treatment package: \$150

Individual treatments: \$60

**To guarantee all treatments, payment must be received
24 hours prior to the date of the service.*

For more information
about complementary health services,
to make an appointment or to purchase
a gift card, please call 410-871-7000.





CARROLL HOSPITAL

A LifeBridge Health Center

291 Stoner Avenue • Westminster, MD 21157

410-871-7000

CarrollHospitalCenter.org/Wellness

Monday – Friday, 8:30 a.m. – 5 p.m.