

Used alone or in conjunction with other medical practices, integrative health treatments help you care for your mind, body and spirit. These therapies help relieve physical symptoms, promote healing, manage pain, boost energy and foster relaxation.

Our services are perfect whether you want to care for yourself or give a special gift.

**Call 410-871-7000 to schedule an appointment or purchase a gift certificate.**

Payment required at least 24 hours prior to appointment. We require at least 24-hour notice of cancellation. Cancellations with less than 24-hour notification will result in retention of fees paid.

## ACUPUNCTURE

Many insurers offer coverage for acupuncture. We are not directly billing insurance at this time, but we can provide you a receipt that you can use to submit for reimbursement.

### PRIVATE ACUPUNCTURE

Individuals receive care in a private room with soothing music, lighting and comfort items like blankets, pillows and bolsters. The privacy and length of appointment allow you to work more closely on issues and apply treatment methods anywhere on the body. Treatment may include cupping, gua sha or electrical stimulation, as appropriate and agreed upon, in addition to acupuncture needles. Once you've had private acupuncture, you can consider combining private treatments with community treatments to fit your schedule or for a more cost-effective treatment plan.

- Initial consultation and treatment: \$145
- Follow-up treatments: \$80



### COMMUNITY ACUPUNCTURE

Individuals receive care in a group treatment room with soothing music and lighting while fully clothed and seated in a comfortable recliner chair. Screens between recliners allow for safe distancing and a sense of some privacy. Treating the full body can be accomplished by accessing the lower legs, arms, head and neck. Please wear clothing that allows for easy access to these areas. Treatments are staggered with that of the others in the room. Some claim that treatment effects are enhanced because of the group setting. You are welcome to bring items that help you relax such as a blanket, pillow, headphones, eye pillow, etc. Please arrive 5-10 minutes before your appointment to allow the practitioner to stay on schedule.

- Initial private consultation and community treatment: \$80
- Follow-up treatments: \$30

### AURICULAR ACUPUNCTURE FOR WEIGHT LOSS AND ADDICTION (N.A.D.A.)

Are you trying to lose weight, quit smoking or curb another type of addiction? Auricular (ear) acupuncture can be an effective solution. It can aid in the treatment of a variety of health conditions while also reducing stress and increasing one's overall well-being. Treatment consists of 10 sessions spaced over approximately 2 weeks.

- 10 sessions: \$150

### FACIAL REJUVENATION ACUPUNCTURE

Acupuncture facial rejuvenation involves inserting needles into the face and body to help stimulate blood flow, increase the production of collagen and elastin, and shed dead skin cells. It can help reduce fine lines and wrinkles, age spots, sagging jawlines, acne, rosacea and puffiness around the eyes. Treatments also incorporate gua sha and facial cupping to further aid in these results. Call for information about contraindications and side effects.

- Intake session (includes first treatment): \$145
- Follow-up treatments : \$115

### CHINESE HERBAL MEDICINE

These private appointments are the initial step to using Chinese herbal medicine to manage chronic conditions. After your intake appointment, any herbal prescriptions will be filled at an external herbal pharmacy for an additional cost. A follow-up appointment with your practitioner after 1 month will be necessary to evaluate effectiveness. Frequency of follow-up appointments will be assessed on an individual basis.

- Herbal Medicine intake: \$135
- Private Acupuncture + Herbal intake: \$160
- Herbal Medicine follow up: \$80
- Private Acupuncture + Herbal follow up: \$100

### MASSAGE THERAPY

Massage is a form of bodywork that can help you maintain and achieve overall health and wellness, recover from injuries and promote healing. The licensed massage therapist will individualize the massage to meet your needs. Specialized treatments include pregnancy, cancer and mastectomy massage (physician referral required for specialty massages).

- 90-minute massage: \$100
- 60-minute massage: \$80
- 30-minute massage: \$50

## LYMPH MASSAGE

Using very light circular motions, a specially trained licensed massage therapist stimulates the lymph system to help it work more efficiently to drain fluid and reduce swelling. This massage is beneficial for people with cancer (physician referral required), fibromyalgia and chronic fatigue syndrome, and those recovering from a sports injury or surgery (particularly plastic surgery), when lymph vessels become overwhelmed with the demand placed on them. Please note: this is not manual lymph drainage.

- 60-minute massage: \$80
- 30-minute massage: \$50

## INTEGRATIVE REFLEXOLOGY®

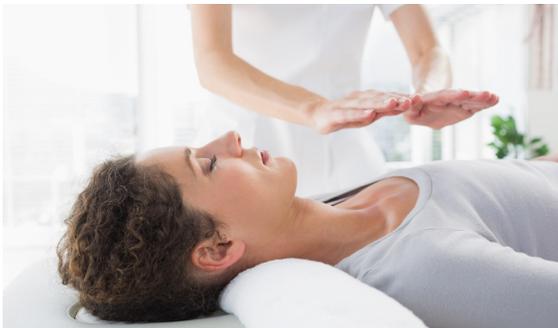
Integrative Reflexology® involves massage of the feet, hands or ears at specific points to promote relaxation and well-being.

- 60-minute treatment: \$80
- 30-minute treatment: \$50

## REIKI

Reiki is a non-invasive, powerful process, administered by a certified Reiki Master, that involves the practice of moving energy to increase the body's natural ability to heal. Reiki can be administered while you are fully clothed or as part of a massage. It involves the practitioner using gentle touch or placing hands just above your body to help guide energy in a way that promotes healing.

- 60-minute treatment: \$80
- 30-minute treatment: \$50



## FACIALS\*

### SIGNATURE FACIAL

This deluxe European-style facial is customized for your skin care needs. Skin type-specific treatment includes cleansing, exfoliation, essential oil treatment, massage, extractions, treatment serum, eye treatment and facial masque.

- 90-minute Signature facial: \$90

### CLASSIC FACIAL

The Classic facial is customized for your skin care needs. Skin type-specific treatment includes cleansing, exfoliation, extractions, treatment serum, eye product and facial masque. This facial is recommended for shaving irritation.

- 60-minute Classic facial: \$60

*\*Either facial can become an Oncology Skin Healing Facial by request at the time of scheduling and with a physician's referral.*

**Gift certificates available for integrative health services.**

## LEARN MORE

[carrollhospitalcenter.org/wellness](http://carrollhospitalcenter.org/wellness)



or contact us at:

 **410-871-7000**

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 **CARROLL HOSPITAL**  
*A LifeBridge Health Center*  
Tevis Center for Wellness

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# INTEGRATIVE HEALTH SERVICES



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