

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.

## 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 receive treatment methods anywhere on the body. In addition to acupuncture needles, treatment may include cupping, gua sha, electrical stimulation, and specialized needling techniques comparable to dry needling, as appropriate and agreed upon.

- Initial consultation and treatment: \$160
- Follow-up treatments: \$90



## COMMUNITY ACUPUNCTURE

Individuals receive care in a group setting with soothing music and lighting while fully clothed and seated in a comfortable recliner chair. Screens between recliners allow for a sense of privacy. Treating the full body can be accomplished by accessing the lower legs, arms, head and neck. Treatments are staggered with that of the others in the room. Some claim that treatment effects are enhanced because of the group setting.

- Initial private consultation and community treatment: \$100
- Follow-up treatments: \$40

*\*Many insurers offer coverage for acupuncture. We do not directly bill insurance. Please confirm your insurance covers acupuncture and then request a receipt that you can use to submit for reimbursement.*

*Confirm acupuncture or massage is considered a qualified medical expense for your HSA/FSA and simply use your HSA/FSA card at the time of payment or submit your receipts for reimbursement.*

## 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.

- Herbal Medicine intake: \$160
- Herbal Medicine follow up: \$100
- Private Acupuncture + Herbal intake: \$180
- Private Acupuncture + Herbal follow up: \$120

## ENERGY WORK

### INTEGRATIVE REFLEXOLOGY®

Integrative Reflexology® involves massage of the feet and/or hands at specific points to promote relaxation, healing, and well-being. Reflexology can be incorporated into a massage treatment requested at scheduling.

- 60-minute treatment \$100
- 30-minute treatment \$60

### 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. It involves the practitioner using gentle touch or placing hands just above your body to help guide energy in a way that promotes healing. Reiki can be administered while you are fully clothed or as part of a massage requested at scheduling.

- 60-minute treatment: \$100
- 30-minute treatment: \$60

*\*As employees of Carroll Hospital, practitioners may not accept tips*

## MASSAGE THERAPY

Therapeutic massage is a form of bodywork that can help you maintain and achieve overall health and wellness, recover from injuries, and promote healing. To have the best outcomes, please discuss your preferences for your massage experience with the massage therapist at your appointment. In addition to our classic massages which are individualized to meet your needs, we offer specialty massages by licensed therapists with education specific to that area. See descriptions below.

*\*\* To provide the safest and most beneficial massage, we require an order from your healthcare provider if you are pregnant or actively receiving radiation treatment or chemotherapy and for up to one month after the last treatment. Massages must be scheduled at least six weeks after any surgical procedure.*

- 90-minute massage: \$120
- 60-minute massage: \$100
- 30-minute massage: \$60

**CLASSIC MASSAGE** Using therapeutic techniques to ease muscular tension and stress, this can range from gentle techniques for relaxation to deep tissue massage focused on specific muscle areas which can ease chronic pain, tension, and tightness.



**PREGNANCY MASSAGE** Utilizing pillows and positioning for comfort and safety, a pregnancy massage can help alleviate pain, reduce sleep problems, anxiety, and stress, and improve mood. Treatment must be scheduled after your first trimester of pregnancy.

**CANCER MASSAGE** Utilizing techniques which can help mitigate the effects of cancer and cancer treatment, this specialty massage can be beneficial at any stage of your cancer experience

**LYMPHATIC MASSAGE** - Using various techniques to stimulate the lymphatic system, a part of the immune system which maintains fluid balance and transportation throughout the body, this specialty massage can promote more efficient drainage of fluid and reduction of swelling. This can be beneficial in the case of fibromyalgia, chronic fatigue, chronic pain, cancer, and recovery from sports injury or surgery.

## LEARN MORE

[lbh.pub/teviscenterforwellness](http://lbh.pub/teviscenterforwellness)

 **410-871-7000**



 **Carroll Hospital  
Tevis Center for Wellness**

291 Stoner Avenue  
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 **CARROLL  
HOSPITAL**  
*A LifeBridge Health Center*  
Tevis Center for Wellness

**CARE BRAVELY**

# INTEGRATIVE HEALTH SERVICES



ACUPUNCTURE  
CHINESE HERBAL MEDICINE  
MASSAGE THERAPY AND ENERGY WORK

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