

# Massage therapy


**Swedish Relaxation massage:** provides hands on therapy to promote circulation, increase range of motion, and promote relaxation. The use of long strokes, kneading, and friction techniques will be applied with pressure to your desired level.

**Reiki:** is a form of Japanese healing and meditation. It's a holistic approach to achieve relaxation without any physical contact from the therapist.

**Aromatherapy:** The therapist can use your choice of essential oils to heighten the massage experience. Essential oils enhance the ability to achieve relaxation, calmness, and balance.

**Neuromuscular Massage:** a session devoted to addressing specific musculoskeletal pain and dysfunction; techniques can address myofascial pain, trigger points, nerve-muscle patterns and limitations, chronically tight muscles, compressed nerves and nerve related pain; acute or chronic injuries respond well to these techniques

**Hot Stone Massage:** will melt away tension as warm oils and heated stones trace your muscles and work sore areas to help facilitate deep relaxation.



**Therapeutic Massage:** releases underlying connective tissue and muscle, this is often used in combination with the Swedish techniques to help the body unwind from chronic holding patterns.

**Pregnancy massage:** gently eases tension and increases circulation to address low back/hip discomfort and lower leg swelling and pain. Moms-to-be will be pillowed and propped for comfort and safety.

**Oncology Massage:** provides relaxation and comfort to the mind, body, and soul for those undergoing chemotherapy, radiation or those in remission. Pressure is adjusted to each individual's situation.

**Infant massage:** a massage technique designed for infants that is taught to mothers, fathers, grandparents, and guardians so they may bond with their infants.

Call **419-591-3818** for pricing and to schedule an appointment.

Personalized packages can be created to mix and match any of the above massages for a customized session.



[www.henrycountyhospital.org](http://www.henrycountyhospital.org)

[massagetherapistaff@henrycountyhospital.org](mailto:massagetherapistaff@henrycountyhospital.org)

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