

Massage Therapy

At CMC-Mercy Hospital

Rejuvenate your body, mind, and spirit with a relaxing and healing massage. The special massage techniques reverse the negative effects of stress, repair damaged muscle tissue, and relieve pain throughout your body. Our Therapists use a range of massage techniques that improve circulation, detoxify your body, relieve tension, improve digestion, enhance muscle tone, and increase mental alertness.

Massages not only benefit the body, they benefit the mind as well.

CMC-Mercy Hospital
704-304-5003



Carolinan Medical Center
Mercy

Uncompromising Excellence. Commitment to Care.

Phone: 704.304.5003
Email: katherine.goosch@carolinashealthcare.org

2001 Vail Ave
Charlotte, NC

\$50 FOR 60 MINUTES
\$80 FOR 90 MINUTES

GEMPAY, CREDIT/DEBIT OR CASH ACCEPTED
NO TIPPING NECESSARY

VOUCHERS ARE PURCHASED AT THE
GIFT SHOP LOCATED ON THE LOBBY
LEVEL OF CMC-MERCY HOSPITAL

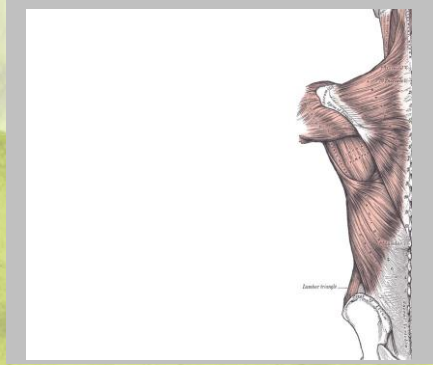
THE GIFT SHOP DOES NOT TAKE FLEX
SPENDING CARDS. CALL KATIE WITH
YOUR CC INFO.



Massage Therapy



Why Massage Therapy?



Massage promotes

- Emotional Balance
- Relaxation
- Physical Healing
- Improved Digestion
- Improved Mobility
- Pain Relief
- Detoxification
- Increased Energy
- Improved Circulation
- Improved Sleeping Patterns
- Stress Reduction
- Increased Productivity

What to expect

If it is your FIRST professional massage treatment, feel free to ask any questions and express any concerns you may have.

Depending on your comfort level, you will be asked to disrobe, while alone in the room, and lie down on the massage table. You will be completely covered with a sheet and/or blanket, except for area being worked.

What we offer at CMC-Mercy Hospital-Massage Therapy

*All Massage Therapists are certified, licensed, professionally trained practitioners.

*Massage Therapy is available to CHS employees and complementary to Mercy inpatients.

*A quiet, comfortable, and professional atmosphere with emphasis on excellent client and patient care.

*Specialized treatment sessions to meet each individual client's or patient's need(s).

Therapy Modalities offered

Swedish (Relaxation) Massage

Deep Tissue Massage

Neuromuscular Massage

Myofascial Release

Who needs Massage Therapy



Any and everyone can benefit from the advantages of Massage Therapy

Depression and Anxiety
Arthritis
Carpal Tunnel Syndrome
Sports and Accident Injuries
Repetitive Motion Injuries
Fibromyalgia
Chronic Fatigue Syndrome
Myoskeletal Disorders
Headache Sufferers
Any and all muscular and soft tissue discomforts