

Renew
Relax
Refresh

Open for Everyone

BAIRD WELLNESS CENTER
One Masonic Drive
Elizabethtown, PA 17022
717-361-5699
BairdWellnessCenter.org



Baird Wellness Center

Therapeutic Massage



Therapeutic Massage

Therapeutic Massage is the manipulation of muscle and skin to promote increased circulation to all organs and tissues in the body. Even before the development of language, the power of touch made contacts between individuals, both physically and spiritually. Touch is essential for life. Human touch is required to grow, feel better and sustain health. Therapeutic massage provides this nurturing and healing touch.

Benefits

- Connects body, mind, spirit
- Increases self image
- Reduces anxiety
- Reduces mental stress
- Fosters peace of mind
- Increases blood circulation
- Increases lymph movement
- Strengthens immunity
- Re-educates muscle after injury
- Relieves muscle tension, stiffness & muscle pain
- Reduces blood pressure
- Promotes faster healing from injury

Types of Massage

- Deep muscle connective tissue
- Trigger Point
- Swedish
- Pre-Natal
- Reflexology
- Acupressure
- Neuromuscular

For more information, or to schedule an appointment, contact the Baird Wellness Center at 717-361-5699

You do not need to be a Baird Wellness Center member to utilize massage services.

Prices:

30/60-minute Therapeutic Massage/
Healing Touch\$45/\$65

In-Home Services

(Home Bound - Masonic Village Residents Only)
30/60-minute Therapeutic Massage/
Healing Touch\$65/\$85

All fees are payable by cash or check and are due at the time of service.

Masonic Village residents have the option of being billed. Gift certificates are available.

A 24-hour notice of cancellation is required

