



*Renew  
Relax  
Refresh*

*Open for Everyone*

**BAIRD WELLNESS CENTER**

**One Masonic Drive**

**Elizabethtown, PA 17022**

**717-361-5699**

*BairdWellnessCenter.org*



**EOE**



# *Baird Wellness Center*

**Therapeutic Massage  
and Chiropractic Services**



## 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

### Prices:

30/60-minute  
Therapeutic Massage .....\$45/\$65

### In-Home Services

*(Home Bound - Masonic Village Residents Only)*  
30/60-minute  
Therapeutic Massage .....\$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\*\**

## Chiropractic Services

The principles of naturopathic and chiropractic medicine focus on optimal wellness and effective, natural management of disease. These services are intended to treat the whole person and the root cause of disease, not just the signs and symptoms. An initial chiropractic appointment is 60 minutes and includes a detailed intake, full health history, comprehensive physical exam and discussion of treatment plan.

### Prices:

After the initial appointment, 15 to 30-minute sessions typically follow. Cost is \$45 per 15 minutes.

### Modalities

- Chiropractic Adjustments
- Cold Laser
- Cupping
- Instrument Assisted Soft Tissue Therapy
- Pin & Stretch
- Kinesiology Tape
- Patient Education

**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 these services.*

