

Massage therapy at Heartspring Wellness Center



What can massage do for you?

Massage therapy can:

- Remove built-up tension stored in your muscles
- Restore energy
- Empower the body to resist illness by increasing fluid flow through the lymphatic glands
- Remove lactic acid from muscle tissue
- Increase blood flow, the level of red blood cells and renal output of water
- Promote the removal of metabolic waste from muscle tissue to the general circulation
- Relax the nervous system and psyche for improved sleep
- Alleviate joint pain by relaxing muscles that cause pressure
- Reunite mind, body and spirit
- Promote relaxation and rejuvenation

Do get a massage when tension is high, muscles are sore, rest and relaxation are needed.

Do **not** get a massage right after a serious injury, against doctor's orders, when there is presence of a fever, communicable disease or open sores.

At your appointment

We encourage open communication. It is important to communicate your needs, where it hurts most and why you want a massage so your massage therapist can focus on those areas that need the most attention.

It is most effective to entirely remove clothing from the area needing attention, however we encourage you to wear and do what you are most comfortable with. During massage, all areas except the area being worked on are draped or covered up at all times. Feel free to speak with your massage therapist and ask questions about the massage process.

Massage therapy pricing

Duration	Medical massage pricing	Self-pay discount pricing
30 minutes	\$54	\$37.80
60 minutes	\$108	\$75.60
90 minutes	\$162	\$113.40

Call for off-site or group massage pricing. Gift certificates are also available for purchase.

We accept credit card payment over the phone for your convenience. Payment through payroll deduction is accepted for Samaritan Health Services employees.

Our massage therapists

Corvallis

Mary Jane Kennel, RN, LMT (Oregon license 5919)

Albany and Corvallis

Shaun Wilcox, LMT (Oregon license 12907)

Appointments

To make an appointment, please call:

- Corvallis, (541) 768-6412
- Albany, (541) 812-5656

A 24-hour cancellation notice policy applies to all appointments.