Vitality

Natural Health and Wellness Center

"The path to a healthier, more vital you."

Massage Therapy Frequently Asked Questions

What are the fees for massage?

Swedish Massage - A soothing massage designed to promote deep relaxation and increase circulation.

- 30 minutes - $30.00
- 60 minutes - $55.00
- 75 minutes - $70.00
- 90 minutes - $85.00
- Package of 3 (60 minute) - $145.00

Therapeutic Deep Tissue Massage - A deep therapeutic massage focused on alleviating tension and pain. The pressure is adjusted based on your needs. Additional techniques such as trigger point, myofascial release and range of motion may be applied.

- 30 minutes - $35.00
- 60 minutes - $60.00
- 75 minutes - $75.00
- 90 minutes - $90.00
- Package of 3 (60 minute)- $160.00

Pregnancy Massage - Can be given after the first trimester or after pregnancy. Relieves the discomforts of pregnancy including swelling, low back pain, fatigue, nausea and anxiety.

- 30 minutes - $35.00
- 60 minutes - $60.00
- Package of 3 (60 minute) - $160.00

Sports Massage - A combination of massage and stretching techniques to reduce tension, increase range of motion and improve circulation. Great before or after any sports activity.

- 30 minutes - $35.00
- 60 minutes - $60.00

What are the benefits of massage?

- Improves circulation of blood and lymph
- Reduces stress and tension
- Increases flexibility and range of motion
- Reduces muscle aches and pains
- Restores metabolic balance, increases metabolism and improves digestion
- Strengthens the immune system
- Promotes relaxation
- Reduces adhesions, speeds healing, tones facial skin, and prevents blemishes
- Encourages proper nutrition and exercise
- Relieves headaches, eyestrain, and insomnia

570 Washington Street
Meadville, PA 16335

www.vitalityhealthandwellness.com

Phone: 814-720-4825
Fax: 814-601-0930

Is massage covered by insurance?

We are not contracted with any insurance companies. We are a cash-based practice and accept cash, check and all major credit cards. If your insurance plan covers massage therapy, we will gladly give you a copy of your invoice and progress notes to submit to your insurance company.

Do you offer chair massage?

Yes, we offer chair massage in the office and also offer off-site chair massage in the workplace and for parties and events.

- In the office, chair massage is $15 for 15 minutes and $25 for 30 minutes.
- For offsite massage we offer the following options:
    - Corporate Sponsorship – the company pays 100% of the costs associated with the program.
    - Employee/ Corporate Sponsorship – the company and the employee agree on a percentage that each will cover.
    - Employee sponsorship $1.25 per minute – the employee covers 100% of the costs.

Do you offer evening/ weekend appointments?

Yes, we have early evening appointments and appointments available on Saturdays.

Do you offer cancer massage?

Yes. We can customize a massage to meet your needs with permission from your oncologist.

What do I wear?

Patients may undress to their comfort level during the massage. The practitioner will leave the room while you undress and prepare for your massage. A sheet is used as a drape during the session and is moved only to expose the part of the body being worked on at any given time. The massage session will include a full body massage with the use of massage creams, lotions or oils to reduce friction between the practitioner's hands and your skin.