

Reiki & Acupuncture
Where East Meets West



Reiki \$50/1 hour \$35/30 min.

A gentle, yet powerful therapy for stress reduction and relaxation that boosts the body's own healing system promoting physical, mental, and spiritual well-being.

Kim McCummings 978-665-5800
Lynn Rochefort 508-816-3994

Acupuncture \$70/initial visit
Subsequent \$60 1hr private

Practiced for over 5,000 years, acupuncture re-establishes the energetic balance of body, mind and spirit through the use of sterile, single-use disposable needles which are inserted at specific points on the body. Acupuncture excels at treating musculoskeletal pain and dysfunction as well as a wide range of disease patterns.

Available by appointment:
Lalou Begue, Lic.Ac. 978-578-3872 (W/Fr)
Behrooz Mahjori Sabet, Lic.Ac. 617-642-2141 (T/Th)

Group Acupuncture Clinic

Please call 978-665-5800 for more information. For appointments or cancellations call the acupuncturist directly (see above). Initial visit required.

\$30/session
\$100 / 4-visit card

Yoga Instruction
Private/Semi-Private



Private and semi-private yoga instruction is offered to students that want to work on specific poses, deepen their practice, or work with injuries and learn how to modify poses so they can safely continue to practice until fully healed. Private yoga instruction may also include breath work, meditation, and poses. Call Linda Nutter Snay to schedule: 860-455-5430

Private \$65 /1 hr session
\$200 / 4 sessions

Semi-Private/Couples \$80 / 1hr session (per couple)
\$300 / 4 sessions (per couple)

ABOUT US

The highly skilled therapists at the Simonds-Hurd Complementary Care Center are certified and licensed providers who provide their skills and talents as independent contractors. Each share a common foundation and passion, that of a holistic view of wellness and a desire to encourage, teach and support their clients in a quest for healing and to achieve a more balanced and peaceful life.

Insurance: Though we are currently unable to accept insurance, we will provide receipts and documentation if you choose to seek reimbursement for services. Check with your insurance company to see if your policy covers or reimburses complementary therapies or classes, as many will. Flexible Spending Accounts offered through your employer can be used for acupuncture and massage.

Manager: Lynn Gerrits, MA, RMT 978-343-5098

Gift Certificates Available

- *Simonds-Hurd Complementary Care Center
- *Gift Shop on Leominster campus (Weekdays only: 9am-4pm)
- *By phone with credit card by calling 978-665-5800

Payment accepted includes cash, checks or the following cards



Simonds-Hurd
Complementary Care Center
Therapeutic Services



at

UMass Memorial - HealthAlliance
Burbank Campus - Entrance 2
275 Nichols Road
Fitchburg, MA 01420

978-665-5800
www.simondshurd.com



Therapeutic Massage

Our massage therapists are licensed in the state of Massachusetts. Contact one of the following therapists directly to schedule your appointment:

Lynn Rochefort M/T/Th/F/Sa 508-816-3994
Maia Wenstrup M/W/Sa 617-549-8967

30 min. - \$40	45 min - \$50
60 min - \$60	90 min - \$90

Our therapists utilize a variety of techniques including Swedish massage techniques, trigger point therapy, deep tissue techniques, joint mobilizations and stretches to meet your personal goals and needs.

“Reikissage”

Combines the balancing energy of Reiki with relaxing therapeutic massage.

Aromatherapy **additional \$10**

Aromatherapy uses fragrant essential oils extracted from plants to enhance massage by promoting relaxation, reducing stress and/or help to improve circulation and reduce swelling and pain. Select oils may be blended with massage lotion/gel or diffused in the room. Assessment will be completed prior to scheduled massage to determine appropriate oils.

Massage “Minis”

Ask about our Loyalty cards!

Stress Buster **\$25/25 min.**

Scalp and neck massage

Heal Your Sole **\$25/25 min.**

Aromatherapy steamed towels with essential oils followed by foot and lower leg massage.

Gentle Hands **\$25/25 min.**

Hands and forearms are gently pampered.

Specialty Massage

Call Lynn Rochefort to schedule any of the following.

Massage for Cancer Patients **\$50*/1 hour**

Offered with a lighter touch and by a therapist with advanced training, massage can help reduce the stress, pain, anxiety and fatigue associated with treatment, while also increasing the immune response. (*Rate reflects \$10 discount for cancer patients)

Lymphatic Massage **\$60/1 hour**

Intended to stimulate the lymphatic system by releasing blockages and assisting the natural circulation required for the elimination of metabolic waste, excess fluids, and bacteria from the body.

Athletes, surgical patients (i.e. liposuction, tummy tuck, lumpectomy and lymph node biopsy), fibromyalgia and chronic fatigue sufferers may want to consider lymphatic massage.

Muscle Release TechniqueSM **\$60/1 hour**

A unique injury therapy that combines compression, extension, movement and breath to treat injuries and associated resilient adhesions and scar tissue.

Buy 5, Get 1 Free

Purchase 5 of any of our 30, 60 or 90-minute services (cost of service must all be the same) and receive 6th for free.

- Mix and match 60-minute massage and acupuncture or 60-minute Reiki and 45-minute massage.
- Transferable within families only
- Expires 6 months from date of first service
- All policies apply. Failure to show for a scheduled appointment or cancellation of less than 24 hours will result in one session being voided and marked as redeemed.
- Other offers, discounts, or special pricing cannot be combined.
- Makes a great gift! (Gift certificates always available)

Contact Maia Wenstrup to schedule the following service.

Pre/Post-Natal Massage **\$65/1 hour**

A deeply nurturing and supportive full body massage specifically designed for pre and post pregnancy. This massage relaxes the lower back muscles, increases circulation and reduces muscle soreness.

New moms interested in scheduling a massage in our hospital's Birthing Center following delivery, please schedule in advance with any of our therapists (at least 24 hrs). Physician approval may be required.

Massage Classes - NEW!

(Check website or newsletter for dates)

Infant Massage Training for Parents/Caregivers

Looking for ways to relax and bond with your baby? Understand when and how to give an infant massage. Infant massage is a way for you to gently nurture and spend time with your baby. Find out about the possible benefits of infant massage and know how to get started.

Prenatal Partner Massage Support

This class will provide a framework for partners, or other support individuals, to learn how to safely support a mother-to-be physically throughout her pregnancy and into labor. The benefits of nurturing maternal touch, safety concerns, and some basic massage techniques for supporting a mother-to-be will be covered in this hour- long class.

