

Valley Health offers massage therapy services to enhance your health and wellness. Our therapists are nationally certified professionals with expertise in creating a massage therapy session designed to fit your specific needs. Techniques may range from gentle, energy-based therapy to deep muscle work, depending on your preferences and requirements.

Relax and enjoy the art and science of massage.



**For additional information, including fees and to schedule an appointment, contact the location near you.**

**Hampshire Wellness & Fitness Center**

1000 Heritage Circle  
Romney, WV 26757  
304-822-7255

**Valley Health Wellness & Fitness Center**

401 Campus Blvd.  
Winchester, VA 22601  
540-536-3000

**Warren Memorial Hospital  
Outpatient Center**

120 N. Commerce Ave., Suite 245  
Front Royal, VA 22630  
540-635-0730

 **ValleyHealth**  
**Wellness & Fitness Services**

Put yourself in our hands...  
**Massage Therapy  
Services**



 **ValleyHealth**  
**Wellness & Fitness Services**

## Benefits of Massage

- Reduces heart rate and blood pressure
- Increases circulation and lymph flow
- Relieves muscle tension and stiffness
- Increases endorphins, reduces pain
- Removes toxins from tissues, increases oxygen and nutrients
- Promotes healing from surgery, medical conditions or trauma
- Eases stress and aids relaxation
- Increases joint flexibility
- Fosters healing of strained muscles and ligaments
- Breaks down scar tissue
- Strengthens immune system
- Increases awareness of mind-body connection

## Types of Massage

- Swedish massage combines time-honored methods with the latest techniques to create a relaxing, stress-relieving experience.
- Deep muscle therapy uses focused techniques that target specific areas to relieve pain, increase mobility, and for the relief of some conditions and injuries.
- Hot stone massage uses the warmth of smooth, heated stones to melt away tension, increasing deep relaxation.
- Reflexology highlights your feet, hands, or ears, opening neural and energy pathways, and enhancing your innate self-healing abilities.
- Pregnancy and postpartum treatments gently relax and relieve the stresses of pregnancy, nurturing both mother and child.

## What Can You Expect?

Your massage therapist will do everything possible to insure that your experience is positive and rewarding. Initially you'll be asked about your reasons for getting a massage, current physical condition, medical history, lifestyle, stress levels, areas of pain, and other pertinent topics.

You'll be asked to undress in private and drape yourself with a sheet provided by the therapist. You'll lie down on a comfortable padded massage table. The therapist will undrape only that part of your body being massaged, insuring that your modesty is respected at all times.

## Choose Massage Therapy

- To soothe stress and pain
- To feel rejuvenated and renewed
- To maintain good health
- To restore your innate, healthy mind-body balance
- To look and feel your best
- To relieve sore, overworked muscles
- For relief of a medical condition

*Massage feels  
fabulous!*

