



Massage Therapy

In today's fast-paced world, it's easy to feel overwhelmed and stressed. This can cause muscles to tense and ache, leaving you feeling tired and uncomfortable. When stress, fatigue or discomfort comes calling, consider scheduling a relaxing, re-energizing massage.



Massage Therapy Services at SSM St. Joseph Hospital West

- ◆ Location: H.W. Koenig Medical Building
Ground (G) Level, Suite 25
400 Medical Plaza
Lake Saint Louis, MO 63367
- ◆ Tuesdays and Wednesdays, 8 a.m.—4:30 p.m.
- ◆ Saturdays by appointment only
- ◆ Physician or self referral
- ◆ To schedule an appointment, call (636) 949-9600 or toll-free 1 (800) 947-5249.
- ◆ For more information, call (636) 755-3042.

Massage Therapy:

- * Reduces stress
- * Improves circulation
- * Reduces tension and fatigue
- * Increases joint flexibility
- * Encourages restful sleep
- * Increases sense of total well-being

Rates and Packages

- ◆ Half-Hour Session.....\$35
- ◆ Hour Session.....\$50
- ◆ 6 One-Hour Massages.....\$265
- ◆ 6 Half-Hour Massages.....\$185
- ◆ SSM St. Joseph employees, physicians, Auxiliary members and volunteers receive a **20 percent discount.**
- ◆ **Gift certificates available!**



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