

HOW WILL I BENEFIT FROM MASSAGE THERAPY?

The benefits of massage therapy include:

- Relaxation and reduced anxiety and depression
- Improved circulation
- Reduced lower-back pain
- Improved range of motion
- Increased joint flexibility
- Reduced mental and physical fatigue and stress
- Relief from muscular tension and pain
- Improved sleep quality

SHOULD I TALK WITH MY DOCTOR BEFORE GETTING A MASSAGE?

Although massage therapy can be relaxing and therapeutic, it may be a good idea to check with your doctor first. Please consider if you have experienced any of the following:

- Currently undergoing treatment for cancer
- History of blood clots or bleeding
- Diagnosed with osteoporosis or weakened bones caused by a fracture or cancer
- Heart problems
- Infected or inflamed tissues

GIFT CERTIFICATES

Massage gift certificates are available in the Franciscan Health gift shops, the Wellness Suite, and by calling (317) 528-5865.

HOURS

Hours vary by location. All massage therapy sessions are by appointment only. Daytime, evening and Saturday appointments available.

COSTS

**Effective August 13, 2018

- \$105 for 90-minute massage
- \$90 for 90-minute massage-member*
- \$70 for 60-minute massage
- \$60 for 60-minute massage-member*
- \$35 for 30-minute massage
- \$30 for 30-minute massage-member*

*Member prices are available to Inspiring Women and Senior Promise members. Cannot be combined with sale prices.

LOCATIONS

Franciscan Health Indianapolis

8111 S. Emerson Ave.
Indianapolis, IN 46237
[Entrance 2 \(Wellness Suite\)](#)

Franciscan Health CityWay

426 S. Alabama, Indianapolis IN 46225
[Suite 200](#)

Franciscan Health Mooresville

1201 Hadley Road
Mooresville, IN 46158
[Main Entrance \(top of stairs\)](#)

Types of massage therapy vary by location.

CONTACT US

For more information visit our website at FranciscanHealth.org/WomenAndChildren or call (317) 528-5865 to schedule an appointment.

Massage Therapy



The board certified massage therapists in the Franciscan Health Massage Therapy program offer a wide variety of therapeutic approaches to improve your health and well-being through hands-on manipulation of muscles and other soft tissues of the body.

WHAT CAN I EXPECT DURING A MASSAGE SESSION?

Location – Your massage session will take place in a quiet, relaxing, private room on a table designed for your comfort. You may choose to have soft music playing to help you relax.

Modesty – Most massage techniques are performed while you are unclothed but draped for warmth and modesty.

Massage oils and lotions – Your massage therapist will use a light oil or lotion to allow your muscles to be massaged without causing excessive friction on the skin. Before your therapist begins the massage, please tell him or her if you have skin sensitivities or allergies.

Relaxing environment – While many people close their eyes and completely relax during a massage session, others like to talk. It's your session so make yourself comfortable.

After the massage – Most people feel very relaxed following a massage. Some experience relief from long-term aches and pains, while others simply feel energized.

WHICH TYPES OF MASSAGE ARE AVAILABLE?

Swedish massage – Therapists use a combination of five basic strokes, all flowing toward the heart, to manipulate the body's soft tissues. The benefits of a Swedish massage may include general relaxation, relief from muscular tension and pain and improved circulation.

Deep-tissue massage – This type of massage incorporates greater pressure and trigger-point therapy to reach deeper muscle layers. Deep-tissue massage is used to help relieve chronic patterns of muscular tension.

CranioSacral Therapy – With the client fully clothed, the therapist uses distinctive light-touch techniques (pressure is about the weight of a nickel) to release tensions deep in the body to relieve pain and aid in the improvement of whole-body health. A CranioSacral Therapy session can be used alone or combined with other massage therapies.

Appropriate for migraines and headaches, chronic pain, fibromyalgia, stress and more.



Prenatal massage – A thorough prenatal massage session takes at least one hour, during which you will be comfortably supported with pillows in a position lying on your side. Feel free to interrupt your therapist if you need to use the restroom. However, to maximize your massage experience, avoid drinking a lot of fluids prior to your massage session.

Prenatal massage therapy can:

- Reduce stress and increase relaxation
- Provide emotional support and physical nurturing
- Relieve or reduce neck, back and joint pain caused by posture, muscle weakness, tension, extra weight and imbalance
- Ease constipation, gas and heartburn
- Encourage deeper, easier breathing

Additional massage therapies offered:

- Sports massage
- Trigger Point Therapy
- Myofascial Release
- Geriatric massage
- Oncology massage