

## *Frequently Asked Questions*

### **How can I schedule an appointment?**

Please call 412-828-0700 ext. 10 or stop by the receptionist's desk to schedule your appointment. At that time please mention your preferences and requests as well as any other questions you may have.

### **How should I prepare for my appointment?**

It is recommended that you arrive 10 minutes prior to your scheduled appointment. As a courtesy, please turn off cell phones and refrain from wearing any perfumes or scented lotions.

### **What should I wear during a session?**

Before your session begins, you will discuss with the therapist which areas of your body you would like addressed and agree on a comfort level of clothing to be worn while draped with a sheet.

### **Are gift certificates available?**

Yes. Gift certificates can be purchased in any denomination and expire 1 year from date of issue.

### **Do I have to be an established patient at Health Horizons to schedule an appointment?**

All services are available to the general public.



# Health Horizons

A Family Wellness & Vitality Centre

609 Allegheny Avenue  
Oakmont, PA 15139  
412-828-0700

[www.health-horizons.com](http://www.health-horizons.com)

*Bodywork  
&  
Healing  
Therapies  
at  
Health Horizons*

## Bodywork

### Swedish Massage\*

Get ready for the ultimate muscle meltdown. This slow, deep therapeutic massage will release chronic tension and relieve aches and pains. Will assist in increasing flexibility, circulation and improving posture.

30 min. \$55    45 min. \$70    60 min. \$85

### Integrated Bodywork\*

Take the therapeutic massage to the next level by letting our therapists design a personalized session specific to your body's needs. Sessions will include multiple techniques such as Muscle Release Technique<sup>SM</sup>, Myofascial Release, Neuromuscular Reeducation<sup>SM</sup>, etc. to help bring the musculoskeletal system closer to balance.

30 min. \$55    45 min. \$70    60 min. \$85

### Muscle Release Technique<sup>SM</sup>

The Muscle Release Technique<sup>SM</sup> is a unique repetitive use injury therapy that combines compression, extension, movement and breath to break up scar tissue, lengthen shortened muscles, restore muscles memory and provide relief from pain. During each session the therapist will provide education, bodywork, and stretches.

Session 1 - 60 min. \$85  
Each additional 30 min. session \$55

### Chair Massage

Experience a spot specific massage that is performed in a specially designed chair while remaining fully clothed. Muscles of the neck, back, shoulders and arms are addressed to relieve tension and to promote an overall sense of well-being.

\$1 per minute (15 minute minimum)

*\* 75 minute and 90 minute sessions are available*

## Healing Therapies

### Acupuncture

Acupuncture, a component of Traditional Chinese Medicine, uses sterile needles at specific acupoints in the body to activate the body's Qi, or Life Energy. This promotes natural healing and can alleviate pain, balance the mind and body, enhance immunity, and improve overall function and well-being.

\$75 per session

### Reiki Healing Energy

Reiki is a Japanese technique inviting healing energy into the body to bring about deep relaxation, remove energy blockages and increase the vibrational frequency of the body. Reiki seeks to restore order to the body whose vital energy has become unbalanced.

45 min. \$75    60 min. \$90

## Benefits

- **Relieves** muscular aches and pains
- **Relaxes & rejuvenates** muscle tissue
- **Improves** cellular healing by bringing oxygenated blood and nutrients to the areas being addressed
- **Provides** a passive stretch to the muscle to increase flexibility
- **Adds** heat and energy to the muscle allowing it to function more efficiently
- **Breaks down** adhesions and inhibits scar tissue formation, thus increasing joint mobility
- **Helps relieve** the effects of stress by promoting a sense of well-being
- **Provides** a more complete and effective system of health care when combined with chiropractic adjustments

## General Information

### Payment Options

- Cash
- Check
- Major Credit Cards
- Gift Certificates
- Gratuities accepted

### Hours

By appointment only.

Call 412-828-0700 ext. 10 to schedule.

Monday - Friday 10 am - 7pm

Saturday 9 am - 12pm

### Late Policy

A phone call is always appreciated if you find yourself running late. Your arrival time will determine the length of your treatment time, which will end as scheduled in order for the next session to begin promptly. In these cases you will be charged the full amount of your scheduled treatment.

### Cancellation Policy

If you must cancel an appointment, as a courtesy to other clients and our therapists, please give a minimum of a 24 hour notice prior to your scheduled appointment. Appointments canceled on the same day of service will be charged 60% of the service fee.

### No Show Policy

In the event that you do not show for your scheduled appointment, you will be charged 100% of the fee for the service scheduled.