



RELIEF



RELAX



RESTORE

MUSCLE RELEASE TECHNIQUESM

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

INTEGRATED BODYWORK

Our therapists will design a personalized session specific to your body's needs. Sessions will include multiple techniques such as Muscle Release TechniqueSM, Integrated Manual Therapy, Myofascial Release, Deep Tissue and Trigger Point Therapy to help bring the musculoskeletal system to a better state of balance.

SWEDISH MASSAGE

This slow, deep, therapeutic massage will release chronic tension and relieve aches and pains, which will assist in increasing flexibility, circulation and improving posture.

PRENATAL MASSAGE

Massage therapy during and after pregnancy, combined with chiropractic care, can help to alleviate the many discomforts associated with your changing body. During your massage session, we will incorporate a variety of techniques suited to the pregnant mother such as deep tissue and stretching to lengthen contracted muscles and improve flexibility.

30 minutes: \$55 · 45 minutes: \$70
60 minutes: \$85 · 90 minutes: \$125

GRASTON TECHNIQUE

The Graston Technique is a form of manual therapy known as Instrument-Assisted Soft Tissue Mobilization (IASTM). It uses specialized instruments with a unique form of on-skin pressure application that is helpful for both acute and chronic soft tissue conditions. The technique allows the practitioner to identify areas of soft tissue compromise, including tight musculature, fascial adhesions and scar tissue. The general goals of treatment are to decrease pain while improving motion, flexibility and circulation to the compromised areas to allow for optimal healing and functional rehabilitation.

30 minutes: \$80 · 45 minutes: \$95 · 60 minutes: \$110
Regional add-on: \$15

KOREAN CUPPING THERAPY

Korean Cupping Therapy is an ancient form of alternative medicine in which the therapist uses special cups on your skin to create suction. People receive cupping for many reasons including help with pain, inflammation, blood flow, relaxation and as a type of deep-tissue massage.

LYMPHATIC DRAINAGE

Lymphatic drainage is a therapeutic massage treatment. The massage uses very light pressure and long, gentle, rhythmic strokes to increase the flow of lymph and reduce toxins in your body.

60 minutes: \$110 · Regional add-on: \$15

BENEFITS

- **Relieves** muscular aches and pains
- **Relaxes** and **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** the body decrease stress hormones and increase a sense of well-being
- **Provides** a more complete and effective system of health care when combined with chiropractic adjustments
- **Strengthens** the immune system
- **Enhances** circulation
- **Decreases** anxiety and stress
- **Reduces** inflammation

MASSAGE & BODYWORK

FREQUENTLY ASKED QUESTIONS

GENERAL INFORMATION

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.

PAYMENT OPTIONS

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 cancelled 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.

*Rebecca Heyns, L.M.T.
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Health Horizons

A Family Wellness & Vitality Centre

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