

**P**rior to your massage, please arrive fifteen minutes early to fill out a personal health form asking questions about your general health. This information is confidential and is designed to help the therapist understand your physical condition prior to beginning the massage.

**P**lease feel free to discuss any concerns you have about receiving a massage to your therapist. We feel it is important that you are comfortable during the massage and that you know your options. Scheduling staff will do their best to accommodate your needs.

**T**his brochure is designed to answer the most frequently asked questions and make your first visit as comfortable and productive as possible. If you have more questions, feel free to call 575-538-4844.



**Make the most out of your massage:**

- Be on time
- Be an active participant in the session
- Ask questions of your therapist
- Make your wishes known
- Let the therapist know if you are uncomfortable at any time

***Above all, enjoy your massage!***



**Gila Regional Billy Casper Wellness Center**

300 16th Street  
Silver City, NM 88061  
575-538-4844



# Massage Therapy



**A Community Service Provided By  
Gila Regional Medical Center**

***Gila Regional's  
Premier Health and Fitness Facility***



**W**hether you are seeking relief for a medical condition, searching for a method to help with the stresses of daily life or if you are working toward maintaining good health, therapeutic massage has been found to enhance general health and well-being. Everyone can benefit from therapeutic massage!

**M**assage doesn't just feel good. Research shows it reduces the heart rate, lowers blood pressure, increases blood circulation and lymph flow, relaxes muscles, improves range of motion and increases endorphins.

**G**ila Regional's Billy Casper Wellness Center has two relaxing massage rooms to help you enjoy your massage experience. Our Licensed Massage Therapists are here to effectively meet your needs. Please review each therapists autobiography located near the Wellness front desk to learn more about each therapists specialty.



### Massage Prices for Community Members:

30 minute massage—\$30.00

60 minute massage—\$55.00

90 minute massage—\$75.00

120 minute massage—\$95.00

### Hot Rock Massage Prices for Community Members:

60 minute Hot Rock massage—\$65.00

90 minute Hot Rock massage—\$85.00



**A**ny guest who is more than 10 minutes late may have their appointment cancelled by the therapist. The appointment will end at the originally scheduled time to allow the preparation time for the next client. If you need to cancel an appointment please call to cancel!

### Massage Prices for GRMC Caregivers/Auxiliary:

30 minute massage—\$25.00

60 minute massage—\$45.00

90 minute massage—\$65.00

120 minute massage—\$85.00

### Hot Rock Massage Prices for GRMC Caregivers/Auxiliary:

60 minute Hot Rock massage—\$55.00

90 minute Hot Rock massage—\$75.00

*The above prices are for Gila Regional Medical Center Employees and Auxiliary Members only. Sorry, family members and friends do not apply.*

### Massage techniques we provide:

- ◇ Swedish Massage
- ◇ Hot Rock
- ◇ Cranial Sacral
- ◇ Reiki
- ◇ Medical Massage
- ◇ Reflexology
- ◇ Polarity Therapy
- ◇ Deep Tissue
- ◇ Neuromuscular Deep Tissue
- ◇ Lymphatic Massage