

Massage Therapy



Benefits of massage therapy

Massage therapy is proven to help relieve stress and improve health. Our team of licensed and skilled therapists will customize your massage to best suit your needs, providing you with a relaxing experience to help you feel rejuvenated and restore balance to your body and mind.

Types of massages

Chair: If you are short on time and need a quick way to relax, try a 10- or 20-minute chair massage.

Deep tissue: During a deep tissue massage, chronic patterns of tension in the body are released through slow strokes and deep finger pressure on the contracted areas, either by following or going across the grain of muscles, tendons or fibrous tissues.

Oncology: Cancer is a complex disease. Comfort-oriented massage or touch can be administered to people with cancer regardless of the severity of their condition.

Pre- and Post-natal: Therapists with pre- and post-natal massage training perform this massage. A medical clearance is required for all pregnant clients. This massage is not recommended during the first trimester.

Sports: The sports massage can help individuals reach optimal performance, reduce muscle spasms and metabolic build-up that occurs with vigorous exercise, and manage acute and chronic injuries.

Stone: Heated basalt stones are used to enhance relaxation during a 90-minute full-body massage. The stones radiate heat and penetrate deep muscles, promoting greater stress relief.



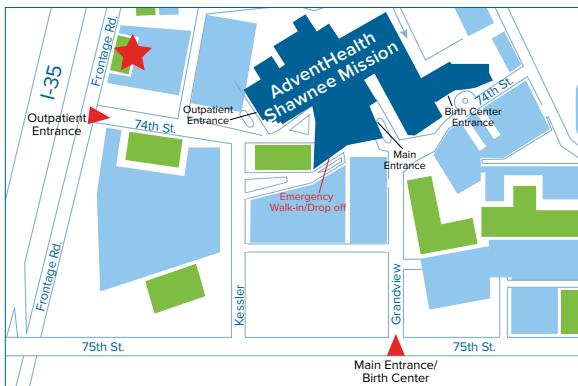
Swedish: The Swedish massage is the most common technique that uses a system of long strokes, kneading and friction along with percussive and vibration techniques on the superficial layers of muscle. Combined with active and passive movement of the joints, Swedish massage promotes general relaxation, improves blood circulation and range-of-motion, and relieves muscle tension.

Trigger point: This technique applies concentrated finger pressure to trigger points (painful, irritated areas in muscles) to break cycles of spasm and pain.

Massage prices

30-minute full-body	\$48
60-minute full-body	\$70
90-minute full-body	\$100
Stone massage (90 minutes)	\$120
10-minute chair massage	\$16
20-minute chair massage	\$32
30-minute chair massage	\$48

AdventHealth team member pricing is available.



Corporate on-site services

Our massage therapists can come to you.
Schedule massage services by emailing
ahsmwellness@adventhealth.com.



Make an appointment

To schedule an appointment, call 913-676-8447.
Please allow 24-hour cancellation
notice to avoid a fee.



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913-676-8447 | AdventHealthKC.com/wellness

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi theo số điện thoại dưới đây.

800-906-1794 (TTY 407-200-1388)