



NORTH SHORE  
MEDICAL CENTER

## Massage Services

**Deep Tissue** is a massage technique involving the use of slow, deep and intense massage across the grain of the muscle to heal physical injuries, chronic tension and emotional stresses within the body. Deep tissue massage applies greater pressure than Relaxation/Swedish massage to deeper layers of muscle. It can be used to release trapped nerves and correct damaged muscle tissue, as well as to soften hard muscles that have caused joint restriction and structural misalignment.

**Prenatal Massage Therapy** supports the physiologic, structural, and emotional well-being of both mother and fetus. Nestled with pillows or other specialty cushions into a side-lying or semi-reclining position, most women are more than comfortable for the 30-60 minute massage session. The lower back, hips, and neck benefit from neuromuscular and movement therapy.

**Swedish Massage** is a technique of massaging the muscles using therapeutic stroking and kneading of muscle tissue to promote increased flexibility and induce relaxation. It is used to improve circulation, relieve muscle pain and tension.

**Therapeutic Massage** is the manipulation of muscle and connective tissue to enhance the function of those tissues and promote relaxation and well-being. This type of massage can ease tension and reduce pain. Therapeutic massage can be a part of physical therapy or practiced on its own. It can also be highly effective for reducing the symptoms of arthritis, back pain, carpal tunnel syndrome and other disorders of the muscles and/or nervous system.

NSMC Outpatient Services,  
1 Hutchinson Drive, Danvers

Wednesday 2 - 7 p.m.  
Thursday 11 a.m. - 6 p.m.  
Friday appointments only  
Saturday 8 - 10 a.m.

For more information or to schedule an appointment, please call 978-825-6557 or email [nsmcwellness@partners.org](mailto:nsmcwellness@partners.org).

Rates:  
\$70 per hour

Patients receiving cancer treatment at the Mass General/North Shore Cancer Center may be eligible for a discounted rate. NSMC employees receive a 20% discount.

Gift certificates are available.



FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL  
AND MASSACHUSETTS GENERAL HOSPITAL