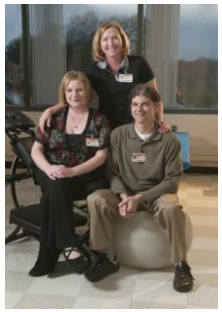

Massage Services Available:

- Chair
- Deep Tissue
- Hot Stones (soon)
- Infant
- Negative Pressure (cupping)
- Myofascial release
- Neuromuscular
- Polarity
- Prenatal/Postpartum
- Reiki
- Sports
- Swedish
- Trigger

LOCATIONS
Comp Rehab Fitness Center
131 Miller St.
Winston-Salem, NC

Sticht Center, 2nd floor
WFUBMC
Medical Center Blvd.
Winston-Salem, NC

Wake Forest University Baptist
MEDICAL CENTER

Massage Therapy

We Care for You:

Wake Forest University Baptist Medical Center

Center for Integrative Medicine

Massage Therapy

(336) 716-8304

Massage doesn't just feel good; it's good for you!

Benefits

- Decrease stress
- Reduce pain
- Improve sleep
- Relax muscle tension
- Feel calmer
- Better range of motion
- Healthier circulation

Call for a Massage Therapy Consult from one of our licensed massage therapists:

Tel: **(336) 716-8304**
Email: smelcher@wfubmc.edu

MASSAGE CLASSES AVAILABLE

Best Health

BestHealth is located in Hanes Mall (Winston-Salem, NC) -- upper level

Phone: (336) 765-8804

Learn how to provide massage for a loved one.

WANT TO KNOW MORE ABOUT MASSAGE?

More and more people are using natural therapies such as massage. The National Institutes of Health's National Center for Complementary and Alternative Medicine has information about massage:

http://nccam.nih.gov/health/massage/

WHAT PEOPLE SAY ABOUT OUR MASSAGE THERAPY PROGRAM:

"Massage therapy has been essential in providing me with improved physical and emotional health, following the death of my husband and a personal injury. I have been able to resume my career as a nurse with the help of this treatment. In addition, I credit a large portion of success in my grief journey due to the healing power of touch, received through massage therapy,"

Jan Frye Hill, BSN, RN, CCM, 2008

"It has changed my life completely"

Terry D. 2004

"Massage Therapy is an outstanding service for our Sports Medicine and Orthopedic patients".

Walt Curl, MD, Orthopedics

Wake Forest University Baptist MEDICAL CENTER®

CLINICAL RESEARCH

Our faculty conducts cutting edge research on complementary therapies. To find out more about what kinds of studies are open for participation, contact the

Office of Research at
(877) 238-4825

COSTS

$40 for 30 minutes
$50 for 45 minutes
$60 for 60 minutes
$90 for 90 minutes

$10 extra for cupping

Hot Stone additional fee

No Tipping Policy