

We touch lives.

Wentworth-Douglass Integrative Therapy offers outpatient services, including massage, acupuncture and mind body approaches to health, to patients of all ages and conditions.

You will experience your integrative treatment in a soothing environment that enables you to focus on yourself and listen to your body. You may discover the tranquility of integrative therapy can bring amazing benefits to your body, mind and spirit.

HOSPITAL SERVICES

The integration of ancient and contemporary medicine acknowledges that the body, mind and spirit work together in the healing process. Integrative Therapy also offers healing services to patients staying at the hospital. Offerings include clinical aromatherapy, relaxation massage, medical acupuncture, pet visitation, reiki and guided imagery. These services are provided at no cost to patients through support from the Wentworth-Douglass Foundation.

FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT:

INTEGRATIVE THERAPY

Dover Professional Center
15 Old Rollinsford Road, Suite 204
Dover, NH 03820
Phone: (603) 740-2130
Fax: (603) 740-9528

WENTWORTH-DOUGLASS HOSPITAL

Integrative Therapy

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MASSAGE

Wentworth-Douglass Integrative Therapy's licensed massage therapists work with people of all ages and conditions, such as acute and chronic pain, pregnancy, cancer, impaired mobility, athletic and other injuries, stress and recovery from surgery.

Therapeutic Massage

Swedish, Deep Tissue, Trigger Point, Stretching and Compression, Myofascial Release technique and more.

30 Minute _____ \$32

60 Minute _____ \$64

Aromatherapy Massage

Essential oils derived from plants to increase relaxation and rejuvenation.

60 Minute _____ \$75

Warm Stone Massage

Warm, smooth basalt stones ease stress and reduce muscle tension and pain while improving circulation.

50 Minute _____ \$75

**Add Reiki (subtle healing energy) to any massage for no additional cost.*

Gift Certificates are available.

WDH employees, volunteers and seniors 65+ receive \$5 off all massage services.

Gratuities are not accepted.

MIND BODY APPROACHES TO HEALTH

Contemporary research has shown what people have long known intuitively: There is a strong connection between the mind (thoughts and emotions) and the body. Evidence also shows that individuals can enhance the mind-body connection to reduce the effects of stress on the body, improve management of chronic disease symptoms, and elevate overall health.

Integrative Therapy offers 4-session classes in Mind-Body Approaches to Health, taught by a Certified Holistic Stress Management Instructor. This course teaches practical, easy-to-use skills that help you to embrace better health on your own terms. Topics include several styles of meditation, guided imagery, mindfulness, cognitive reframing, and general relaxation techniques. The emphasis is on identifying strategies that best work for you to evoke the relaxation response. This is very interactive learning!

Group classes: \$80 for 4 sessions

Individual classes: \$100 for 4 sessions

ACUPUNCTURE

Acupuncture involves the insertion of extremely thin needles through your skin at strategic points on your body. This process is believed to adjust and alter the body's energy flow into healthier patterns and is used to treat a variety of illnesses and health conditions. A key component of traditional Chinese medicine, acupuncture is most commonly used to treat pain, nausea, fatigue, dry mouth, inflammation, sleep and to help improve overall quality of life.

The cost of acupuncture can vary. Check with your insurance provider about coverage for medically-indicated acupuncture treatments. We offer a 20% prompt pay discount for acupuncture at time of service.

INTEGRATIVE THERAPY INSURANCE COVERAGE AND PAYMENTS

Cash, Check, Visa, MasterCard and Discover are all accepted forms of payment. Some Health Reimbursement Accounts (HRAs) may also be used for integrative services. Check with your insurance provider for coverage details.