



# Outpatient Services

## The Wellness Institute offers the following Outpatient Services:



### Acupuncture:

An ancient system of healing that allows the body to balance and heal itself. Used for joint pain, neurological problems, headaches, rheumatologic disorders, digestive disorders, infertility, sleeping disorders, stress, stroke, allergies, and more. Facial rejuvenation and cosmetic acupuncture are also offered.

### Medical Massage:

**Chair massage** – focuses on the neck, head, shoulders, back, arms, and hands

**Relaxation massage** – leaves you feeling tranquil and relaxed

**Swedish massage** – designed to relieve tension and stiffness

**Deep tissue massage** – penetrating techniques that stimulate circulation, detoxify, and reduce muscle tension and stiffness

**Sports massage** – assists muscle recovery following sports events to help athletes optimize performance

**Lymphatic massage** – can help post-operative healing, the scarring process by enhancing circulation, scar tissue healing and immunity, sports injuries, and swelling relief following plastic surgery



### Reiki:

A non-intrusive, ancient, oriental art of hands-on healing that can help reduce pain, illness, and emotional trauma.

**For more information and pricing, call The Wellness Institute at 440-375-8153.  
To schedule an appointment, call Centralized Scheduling at 1-866-652-5253.**