

NSMC Wellness & Integrative Medicine Inpatient Services

We are pleased to offer inpatient Acupuncture, Massage and Reiki services for half hour and 1 hour appointments. These services are offered at both NSMC Salem and NSMC Union Hospital, as well as at Shaughnessy-Kaplan Rehabilitation Hospital.

A Doctor order is required for this service. We will try our best to schedule the appointment for 48 hours after placement of request.

Acupuncture is an ancient healing technique developed in China about 3000 years ago. Acupuncture promotes the body's ability to heal itself. The goal of acupuncture is to stimulate the body's natural healing abilities and to re-establish a healthy equilibrium between various organ systems. Acupuncture recognizes that the body is an integrated, whole system and that health is maintained when there is a smooth flow of energy.

Rates: \$85 for the initial appointment
 \$65 for follow up appointments

Massage has been proven to have positive effects on conditions from migraines to stress related disorders. It has been shown to boost the immune system, lower anxiety, and reduce discomfort. Touch can stimulate the brain to produce endorphins, the natural pain suppressors of the body. Massage may increase lymph flow. Circulation is mainly improved through direct responses to massage. The manipulations or kneading action of massage can directly benefit restrictions to muscle tissue function. It lowers stress hormones in the body. Studies have shown that massage can improve the relaxation response and the general sense of well-being.

Rates: \$65 1 hour
 \$40 ½ hour

Reiki helps to bring body, mind and spirit into balance, thus speeding up our natural healing abilities. By its very nature, Reiki empowers the recipients to take an active role in their own self-healing. Through the relaxation brought about by the Reiki energy, it can help to decrease stress, enhance the immune system, decrease muscle tension and discomfort, stimulate the production of endorphins (natural hormones that act to decrease the perception of pain), and create a profound sense of inner peace and well-being.

Rates: \$65 1 hour
 \$40 ½ hour

Please email nsmcwellness@partners.org or call **978-354-2437** for an appointment.