

Give the Gift of Massage

Posted by [petehurrey](#) On 02/12/2009

If you are looking for a gift to give your loved one on Valentine's Day, skip the box of chocolates and teddy bear and think a soothing massage.

Massage gift certificates at St. Mary's Hospital are available for that special person. Try a 15-minute seated massage for \$15, a 30-minute area specific massage for \$45 or a 60-minute massage for \$65 with certified massage therapist Lisa Morgan. Massage appointments are held in the hospital's Rehabilitation Medicine department.

Registration and payment are due prior to massage therapy sessions. A 24-hour notice is required to cancel any massage therapy sessions.

If you would rather learn how to give a massage, then come to St. Mary's Hospital's Shiatsu and Thai Massage for Partners class on Feb. 15 from 2 to 4 p.m. The class will teach you the art of Shiatsu and Thai massage to ease discomfort, enhance flexibility and induce relaxation with your partner, taught by Christine Schmitthenner, a licensed massage therapist. The cost is \$50 per couple.

Shiatsu is a form of Japanese acupressure and is based on the same theory as acupuncture. Energy flows through our bodies along channels, called meridians. Shiatsu helps to open up the flow of energy and release blockages. Thai massage is a form of bodywork similar to Shiatsu and involves putting the client into various positions, many of which are yoga positions.

For more information on the Shiatsu and Thai Massage for Partners class or to book a massage or inquire about gift certificates, call St. Mary's Hospital's Health Connections at (301) 475-6019.

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