

# Enjoy a Massage During Your Stay!



We're happy to offer in-room massages from certified massage therapists to help you feel your best before or after surgery!

**\$60 USD per 1-hour session (applies to all massage options)**

**Payment Options:** Credit card, Zelle, WISE, and cash payments are accepted.

## Why Get a Massage?

Massages aren't just for relaxation, they also offer important health benefits during your recovery, including:

- ✓ Blood Clot Prevention – Helps improve circulation and reduces the risk of clotting.
- ✓ Fluid Retention Relief – Assists in draining retained fluids, which can speed up healing.
- ✓ Post-Op Gas Release – Eases discomfort caused by trapped gas after surgery.
- ✓ Pain & Tension Relief – Reduces soreness and helps you feel more at ease.
- ✓ Stress Reduction – Promotes relaxation, which is essential for a smooth recovery.

Massage is completely optional but highly recommended for a more comfortable recovery experience.

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Available options:

- **Relaxing massage**

Various gentle manual methods performed at a pace that relaxes and decongests the affected muscles. This massage focuses on areas of the body where muscle tension typically accumulates, such as the back and neck, and promotes relaxation and mental and emotional health. ***(Recommended mainly for everyone undergoing surgery, either before or after)***

- **Relaxing/Facial Massage (Muscular, not cosmetic)**

It can generate mood changes, relieve pain, and relax accumulated tension. It helps tone and cleanse tissues, prevents skin aging, and helps reduce facial tension.

- **Deep tissue massage**

The purpose of this massage is to relieve pain and muscle tension in the body. This type of massage is very beneficial because it reaches the deepest layer of the muscles, the fascia (connective tissue surrounding the joints), and the tendons. The goal of deep tissue massage is to break up adhesions (areas of tension in the muscle). It is extremely important to address muscle adhesions because they cause pain, inflammation, and limited range of motion in muscles and joints. (***Not recommended after surgery***)

- **Manual Lymphatic Drainage**

Essential in the treatment and care of all circulatory problems and fluid retention, in addition to facilitating the healing process of many other injuries. The massage directly benefits the lymphatic system, assisting its function of evacuating waste and large proteins to the upper tract. The lymphatic system is the body's cleansing system. It is superficial, gentle, and painless, follows the direction of lymphatic flow, stimulates the lymph nodes, and follows the rhythms of the lymphatic system. These maneuvers guide superficial lymphatic flow to the areas where the system evacuates. (***Recommended for everyone undergoing surgery, either before or after surgery***)

- **Swedish Massage**

It is a relaxing, basic full-body massage that can include a variety of movements to help improve circulation. Swedish massage can also include stretching range of motion. The benefits of this type of body massage are wide-ranging and include relief from aches and pains, decreased stress levels, greater mental clarity, and increased flexibility. (***Not recommended after surgery***)

- **Foot Reflexology**

It is a unique method that uses the thumb and fingers to stimulate reflex zones located in different parts of the body. It is a deeply relaxing therapy that stimulates the circulatory and lymphatic systems. Reflexology also helps release any blockages in the flow of energy around the body, encouraging it to flow freely.

- **Sports Massage**

The primary purpose of sports massage therapy is to help relieve the stress and tension that builds up in the body's soft tissues during physical activity. This is where injuries due to overexertion and/or overuse occur, and massage can address these injuries quickly and effectively. Above all, it can help prevent the minor injuries that so often stand in the way of results and achievements, whether one is an athlete or someone who just goes for a jog once a week. This treatment isn't just for athletes: anyone can benefit from sports massage, including those with physically demanding jobs and those with less obvious ones (occupational, emotional, and postural stress can produce many characteristics similar to sports injuries).

- **Application of electro-therapy and manual massage**

An electrode device called " *tens* " is used to stimulate blood circulation and manual massage. ***"tens" is an electrotherapy method classified as a low-frequency current.***

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➡ Massages are provided only to our patients (not companions) in the comfort of your hotel room!

If your companion would like to enjoy a massage, we highly recommend the Quartz Hotel Spa services that offer a 20% discount for all Go Light Bariatrics guests.

Take advantage of this opportunity to relax, heal, and feel better faster! ❤️

**Talk to our on-site facilitating team to schedule your session!** ☺️✨