



# Holistic Therapy

Wellness for your body, mind and spirit

Lancaster General Health invites you to integrate holistic therapies into your wellness routine, to support your health and help you achieve a more balanced state of being. Holistic therapies such as massage and acupuncture are designed to treat the whole person—body, mind and spirit—while addressing specific symptoms associated with various medical conditions. These treatments have been proven to reduce pain and stress, which can increase vitality and overall functionality.

For years, LG Health has included holistic therapies in our healing programs for patients undergoing treatment for cancer or recovering from surgery or childbirth. Holistic therapies are also known to directly impact everyday wellness, which is why we are making it easier and more convenient for anyone—including Eliance Health Solutions members—to access these services directly.

The following therapies are payable out-of-pocket, with no physician referrals needed:

- **Massage**—uses touch ranging from gentle to deep pressure, to ease muscle tension, relax the body and mind, and improve circulation
- **Acupuncture**—is an ancient form of Chinese medicine that uses very thin, single-use, sterile needles to stimulate specific points on the body to balance energy flow, reduce pain and improve health

LG Health also offers classes in yoga, Mindfulness-Based Stress Reduction, and other wellness programs. Visit [lghealthevents.org](http://lghealthevents.org) and click on Mind-Body-Fitness to learn more or sign up.

To schedule an appointment for massage or acupuncture, or to inquire about purchasing a gift card, please call 717-544-3555.

**Suburban Pavilion**  
2108 Harrisburg Pike | Suite 315 | Lancaster, PA  
717-544-3555

## Eliance Health Solutions Member Rates\*

(cash, check and credit cards accepted)

### Massage

\$65	Initial consult plus treatment (75 minutes total; \$100 for non-members)
\$50	60 minutes (\$80 for non-members)
\$65	75 minutes (\$100 for non-members)
\$75	90 minutes (\$120 for non-members)

### Acupuncture (licensed, non-physician practitioners)

\$100	Initial consult plus treatment (90 minutes total)
\$60	60 minutes

\*Discounted rates also apply to employees of LG Health.

## Locations

### Suburban Pavilion

2108 Harrisburg Pike, Suite 315, Lancaster

### Women & Babies Hospital

Women's Specialty Center  
690 Medical Office Building, 2nd Floor  
690 Good Drive, Lancaster

### Ann B. Barshinger Cancer Institute

Image Recovery Center  
2102 Harrisburg Pike, Lancaster

Patients with cancer are given priority scheduling at this location