



HOLISTIC THERAPY



WELLNESS FOR YOUR BODY, MIND AND SPIRIT

Penn Medicine 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, we have 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 mind-body movement classes, mindfulness-based workshops, and other holistic wellness programs. Contact Michelle Newman at Michelle.Newman@pennteam.upenn.edu to learn more.

Holistic Therapy Rates

Massage

- \$52 First time visit for all patients
- \$52 LGH employee and family discount
- \$80 Self-pay (non-LGH employees)

Acupuncture

- \$70 Initial Consult plus treatment (90 minutes)
- \$70 60 minutes

LG Health Select and Consumer Health Insurance plans, W/C, and Auto Insurance accepted.

Some plans require a PCP referral.

Locations

Suburban Pavilion

2108 Harrisburg Pike, Suite 300, Lancaster
2108 Harrisburg Pike, Suite 315, Lancaster

Women & Babies Hospital

690 Good Drive, Lancaster

Women's Specialty Center

Women & Babies Hospital
690 Medical Office Building, 2nd Floor

Ann B. Barshinger Cancer Institute

Image Recovery Center
2102 Harrisburg Pike, Lancaster

Patients with cancer are given priority scheduling at this location.

Rock Medical

201 Rock Lititz Blvd, Pod 2, Suite 14, Lititz

Kissel Hill

51 Peters Rd, Suite 204, Lititz

Queen Street HealthWorks

100 N Queen St, Suite 200, Lancaster

The Mill Building (employees only)

26 N. Cedar Street, Lititz

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