



A Healing Touch session feels like a nurturing radiance that flows through and around you. Each experience is unique and based upon each individual's needs.



MERCY FITNESS CENTER

Healing Touch

Nurturing energy therapy



MERCY
HOSPITAL

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allinamercy.org



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HOSPITAL

What is Healing Touch?

Healing Touch is a relaxing, energy-based approach to health with the goal of promoting healing on a physical, mental, emotional and spiritual level. Healing Touch is based on the belief that each person has a dynamic, subtle energy field in and around the body that can be influenced to promote health. Anyone with a desire to improve wellness and health can benefit from this treatment. It is safe for all ages and works in harmony with standard medical care.

What are the benefits?

- Reducing stress
- Calming anxiety and depression
- Decreasing pain
- Strengthening the immune system
- Enhancing recovery from surgery
- Deepening spiritual connection
- Supporting cancer care
- Creating a sense of well-being
- Easing acute and chronic conditions
- Complementary care for neck and back problems

What happens in a Healing Touch session?

The first session involves a history intake including questions about the client's physical, mental and emotional situation with a healing session to follow. The healing session begins with the practitioner centering his or herself and focusing on the needs of the client.

The client will lie on a massage table (fully clothed) while the practitioner gently places his or her hands on or above the client's body to assess and balance the energy field in and around the client. This process allows the natural self-healing abilities of the body, mind and spirit to move the individual toward a state of overall well-being. The session is 30 to 60 minutes and people frequently report feeling deeply relaxed and peaceful.

Fees for Healing Touch

- Initial evaluation and treatment – (1 hour +) \$60
- Subsequent sessions – (60 minutes) \$50

Healing Touch is not covered by insurance. Checks and cash are accepted. Cancel policy – notify within 24 hours in advance for no charge. Gift certificates are available.

Appointments

To schedule an appointment or for more information, call Mercy Fitness Center, 763-236-8024.

Where is Healing Touch used?

Healing Touch is used in a wide variety of settings including hospitals, long term care facilities, private practices, hospices and spas. Janet Mentgen, RN, founded Healing Touch in 1989, as a continuing education program for nurses, other health care professionals and lay persons. Healing Touch has spread internationally and is taught in universities, medical and nursing schools and other settings.

Healing Touch is endorsed by the American Holistic Nurses Association. Practitioners and instructors are certified through Healing Touch International (HTI). HTI includes a research department and offers support with health care integration. Healing Touch continues to grow rapidly, spreading healing light worldwide.

