

# Massage@Work

## Available at Eight MultiCare Locations

Auburn, Covington, Gig Harbor, Kent, Puyallup, & Tacoma

### Auburn

Seated massage provided by Healthy Reflections Medical Spa. Price is \$10 for 10 minutes or \$20 for 20 minutes. To sign up in advance, please call 253.372.7008.

Auburn MultiCare Clinic	Auburn MultiCare Clinic - MOB
<ul style="list-style-type: none"><li>• 735 12<sup>th</sup> St. S.E.</li><li>• Date: Call for available dates</li><li>• Time: Call for available times</li><li>• Location: Call for room location</li><li>• Payment: Cash, check or credit card</li></ul>	<ul style="list-style-type: none"><li>• 202 N. Division, Suite 301</li><li>• Date: Call for available dates</li><li>• Time: Call for available times</li><li>• Location: Call for room location</li><li>• Payment: Cash, check or credit card</li></ul>

### Covington

Healthy Reflections Medical Spa

Location: 17700 S.E. 272nd St.

Services: Massage services include the following -

Seated massage \$10 for 10 minutes/ \$20 for 20 minutes

Swedish massage 60 minutes \$75/ 90 minutes \$110

Express massage (back, shoulders and neck - on table) 20 minutes \$40

Foot massage (including warm foot bath) 35 minutes \$45

Payment: Cash, checks, VISA, MC, AMEX, DISCOVER accepted

Spa Hours: Mon - Fri 9am to 5pm (availability after 5pm by appointment only)

Scheduling: 253.372.7008

*\*MultiCare employees receive a 15% discount off of spa services*

*\*Treatment massage (insurance reimbursed) available – physician referral with diagnosis code required & needs to be a covered benefit on insurance plan*

### Gig Harbor

Healthy Reflections Medical Spa

Location: 4545 Point Fosdick Drive N.W.

Services: Massage services include the following -

Swedish massage 60 minutes \$75/ 90 minutes \$110

Express massage 20 minutes \$40

Foot massage (including warm foot bath) 30 minutes \$45

Massage Packages:

Six (6) – 60 minute Swedish massages \$330

Three (3) – 60 minute Swedish massages \$175

Three (3) – 60 minute Deep Tissue massages \$205

Payment: Cash, checks, VISA, MC, AMEX, DISCOVER accepted

Spa Hours: Mon 10am-6pm, Tues - Fri 8am to 8pm, Sat 9am-3pm

Scheduling: Call Healthy Reflections at 253.530.8005

*\*MultiCare employees receive a 15% discount off of spa services. Discount applies to relaxation massage services (not treatment), esthetics and nail services.*

*\*Treatment massage (insurance reimbursed) available – physician referral with diagnosis code required & needs to be a covered benefit on insurance plan*

**Kent**

Seated massage provided by Healthy Reflections Medical Spa. Price is \$10 for 10 minutes or \$20 for 20 minutes. To sign up in advance, please call 253.372.7008, or you may sign up on the same day at the location listed below.

**Kent MultiCare Clinic**

- 222 State Ave. N.
- Date: Call for available dates
- Time: 10:30am – 2:30pm
- Location: 3<sup>rd</sup> floor admin area
- Payment: Cash, check or credit card

**Puvallup**

Seated massage provided by Patrick Keavney, LMP. Price is \$10 for 15 minutes. Please sign up in advance - contact Amara Walk (E. Main) or Amber Bishop (GS Hospital).

<b>Good Samaritan - E. Main Campus</b>	<b>Good Samaritan Hospital Campus</b>
<ul style="list-style-type: none"> <li>• 1317 E. Main</li> <li>• Date: Every Tuesday</li> <li>• Time: 11am – 1pm</li> <li>• Location: Chapel Room – Upstairs</li> <li>• Payment: Cash or check</li> <li>• Scheduling: schedule in binder at front desk or contact Amara at amara.walk@multicare.org</li> </ul>	<ul style="list-style-type: none"> <li>• 506 14<sup>th</sup> Ave. S.E.</li> <li>• Date: Every Thursday</li> <li>• Time: 11am – 1pm</li> <li>• Location: Education Building – Room 123 (end of hall next to H@W Office)</li> <li>• Payment: Cash or check</li> <li>• Scheduling: Amber at 253-697-1925 or amber.bishop@multicare.org</li> </ul>

**Tacoma**

Seated and table massage available: \$15 for 15 minutes (seated), \$35 for 30 min (seated or table), or \$60 for 60 minutes (table).

**Tacoma General Hospital**

- Date: Monday – Saturday
- Time: schedule varies – call for openings
- Location: 3J – Women & Newborn Dept.
- Payment: Cash, check, credit card, or payroll deduction
- Scheduling: call 253.403.1744

*\*Treatment massage (insurance reimbursed) available – physician referral with diagnosis code required & needs to be a covered benefit on insurance plan*