

Inpatient Holistic Services



Hospitalization can be a stressful experience. In addition to the quality medical care offered at St. Mary Medical Center, patients and family members may wish to consider holistic services for relief from discomfort, pain, insomnia, and stress.

Services such as massage, reflexology, or guided imagery are provided in the privacy of a patient's hospital room. These peaceful and relaxing bedside services are performed by professionally trained therapists for a nominal fee. Even 15 minutes can make a difference in the comfort of a patient.

If medically appropriate, a therapy appointment of your choice can be conveniently scheduled within 24 hours.

What You May Expect From a Visit

On each visit, you will be:

- Greeted by caring professionals dedicated to facilitating your health and healing
- Supported with resources matched to your symptoms, lifestyle, and goals
- Treated in a peaceful, confidential setting
- Monitored, with progress updates sent to your doctor as requested
- Cared for by healing companions who assist you in rediscovering health, peace, and vitality



Take Good Care of Yourself

The St. Mary Holistic Center is located on the second floor of our Outpatient Care Facility. Free parking is available in the garage adjacent to the facility.



The Holistic Center does not accept or bill insurance. Services are strictly fee-for-service. Cash, checks, and credit cards are accepted.

Gift Certificates for patients, family, and friends can be purchased in any price range at the Beehive Gift Shop located in the Main Lobby of the Medical Center or by calling the Holistic Center at 215.710.6948.

Hours of Service

Outpatient Services

10 AM – 7 PM, Monday through Friday
Saturdays and Sundays upon request

Inpatient Services

Within 24 hours of request,
when medically appropriate.

Holistic Services



1201 Langhorne–Newtown Road
Langhorne, PA 19047
215.710.6948
www.StMaryHealthcare.org





Why Choose Holistic Care?

When addressing challenges such as a serious diagnosis, a chronic illness, or a stressful and demanding lifestyle, you may wish to consider the following questions:

- Am I handling my stress — or is my stress handling me?
- Am I in more pain and discomfort than I'd like?
- Am I sleeping as well as I'd like?
- Am I feeling overwhelmed or worried about the treatment path that lies before me?
- Do I take time for myself?

If your answers require attention, you may wish to contact the St. Mary Holistic Center.

How Holistic Care Helps

Whether you're maintaining health or reclaiming health, holistic services are an excellent support for:

- Relearning the vital importance of self-care
- Managing symptoms of illness as well as symptoms of treatment
- Mentally and emotionally preparing for an upcoming surgery, procedure, or treatment
- Coping with the uneasiness and concern associated with a new diagnosis
- Relieving pain and stress
- Developing skills that can lead to a healthier lifestyle

Holistic Services

At St. Mary Medical Center, your care is based on the understanding that you are an individual comprised of physical, mental, emotional, and spiritual facets. In times of illness, injury, or lifestyle demands, we know that treating the whole person creates an opportunity for more complete and meaningful healing. This is holistic care.

To support this balanced approach, the St. Mary Holistic Center offers various services, learning tools, and classes intended to support you as a whole person by helping you cope more effectively, heal more completely, and feel more rejuvenated.

Holistic services are provided by professionally trained therapists in a tranquil setting, allowing individuals to experience peace and relaxation.

Four Aspects to Consider When Choosing Our Holistic Services

1 We ensure the right fit. In holistic care, a program tailored to your needs is essential. At the St. Mary Holistic Center, you receive the right service or combination of services that are aligned with your symptoms, lifestyle, and goals.

2 We encourage the mind-body connection. A peaceful, relaxed state of mind creates relaxation and peace within the body. At the St. Mary Holistic Center, coping skills and stress-reduction tools are incorporated to foster well-being.

Mind-body skills create an awareness of how thoughts and feelings affect our bodies. With this awareness, we become our own best monitor and support system to create a happier, more peace-filled state of being. Mind-body skills include:

- Clinical hypnosis
- Deep-breathing techniques
- Guided imagery
- Intention-setting process
- Preparing for surgery, chemotherapy, or radiation therapy

3 We choose the right bodywork therapies. A standard massage is not appropriate for everyone. At the St. Mary Holistic Center, our therapists are trained to work with people who have diverse medical histories. Carefully choosing the right combination of therapies (such as those listed below) ensures that your comfort is our primary concern.

- Craniosacral therapy
- Deep-tissue massage
- Manual lymphatic drain massage
- Myofascial release therapy
- Reflexology
- Shiatsu
- Therapeutic massage

4 We offer classes that empower. Lifestyle enrichment tools promoting self-empowerment and mental tranquility help individuals gain internal strength and learn to abandon fear and stress for inner calmness and vitality. Our classes include:

- Gentle movement
- Healing practices
- Introduction to meditation
- St. Mary Way to Wellness Comprehensive Adult Weight-Management Program
- Yoga and tai chi

