

**Vahila Acupuncture & Massage Therapy**  
Michael Vahila, L. AC., LMT  
Total Health and Wellness Center  
2403 Whipple Ave. NW • Canton, OH 44708  
330-477-0777  
www.cantonacupuncture.com

## **Welcome**

Thank you for choosing Vahila Acupuncture and Massage Therapy. Please take a moment to read this page and use the suggestions to prepare for your first session.

## **Getting the Most From Your Therapy**

Please be prompt for your appointment. It's better to be a little early than to miss part of your treatment.

Also, bring your completed case history form to your first session. We'll review it prior to your treatment.

My purpose is to help you achieve your health goals. Consider the benefits of acupuncture and/or massage most important to you.

- Stress reduction
- Chronic or acute pain & disease • Injury rehabilitation
- Peak athletic performance
- Wellness support

## **Your Comfort is Important**

Your feedback during your treatment is valuable to me. I encourage you to express your needs regarding room environment (temperature, music, light, etc.) or the treatment (amount of pressure, type of lubricant, draping, sensitivity of acupuncture points, etc.) at any time.

Non-needle treatments are available for those who prefer to not have needles but still want the benefits of Traditional Chinese Medicine (TCM). There are many techniques that achieve the same results as acupuncture without using needles. Ask about alternatives.

## **About**

In his first career of 20 years, Michael taught music at Malone College, the University of Akron and Mount Union College. In 1991 he began a shift to a career in the healing arts. He is a National Board Certified Acupuncturist, Licensed Massage Therapist and a Traditional Reiki Master. He has been teaching massage therapy at Stark State College since 1999 and offers advanced seminars in Auricular Therapy and Reiki.

## **Acupuncture Rate**

- Free Phone Consultation & Evaluation
- \$80 per treatment (1 hour)

(The above rate reflects a "Time of Service" discount. Standard rates apply if billed. Rates upon request)

## **Massage Therapy Rates**

Massage Therapy, Trifinity8 and Reiki treatment rates. Sales tax is included.

· \$80 per hour

(The above rate reflects a "Time of Service" discount. Standard rates apply if billed. Rates upon request)

## **Payments**

Payment is due at the end of each session. A medical receipt can be obtained upon request for submission to your insurance company. We accept cash, checks, Visa, Mastercard and Discover.

## **Rescheduling an Appointment**

If it is necessary to reschedule an appointment, we appreciate the courtesy of 24-hours notice. This makes it possible to schedule your treatment at another convenient time for you. It also allows us to schedule an appointment for another person in need of therapy.

## **Any Questions? Just Ask.**

If you have questions regarding your therapy or need to reschedule, please feel free to call Michael at 330-477-0777 between 9:00 AM and 9:00 PM