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ABOUT US

Our mission, vision & core values

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Our Locations:

Some integrative medicine services are available throughout the tristate area. Visit us in Manhattan or at one of our outpatient locations in New Jersey, on Long Island, or in Westchester.

Bendheim Integrative Medicine Center

[Evelyn H. Lauder Breast Center](#)

MSK Nassau

MSK Commack

MSK Westchester

MSK Basking Ridge

MSK Monmouth

MSK Bergen

Acupuncture

VIDEO | 01:10

Acupuncture for Easing the Side Effects of Cancer Treatment

Acupuncture is one on many therapies that can help alleviate the side effects from chemotherapy, radiation, or surgery.

[Video Details](#) →

Acupuncture is a drug-free option to help control and improve side effects of chemotherapy and radiation, or following surgery.

Our doctors and research scientists evaluate this integrative therapy in clinical trials and with functional MRI tests. Results of these studies show acupuncture is safe and effective for treating:

pain

fatigue
insomnia
hot flashes
dry mouth
constipation
neuropathy
nausea and vomiting

Learn more about acupuncture in our [About Herbs online library](#).

Community acupuncture

Held in a spacious and relaxing room, community acupuncture sessions accommodate up to six people at a time. This appointment style helps us treat more people in need and also lowers your out-of-pocket expenses. Everyone must have at least one private session with one of our acupuncturists before joining a community session.

Fees and insurance coverage for acupuncture

Some health insurance plans are beginning to include acupuncture, but coverage varies a great deal. Before you schedule an appointment, call your insurance company to understand what portion of your acupuncture costs may or may not be covered. We will ask you to pay for the cost of the treatment when you check in and will provide you with a receipt to submit to your health insurance carrier for reimbursement.

Individual First Session, \$135

Follow-up session, \$110

Community acupuncture, \$65

Mind-Body Therapies

Living with a serious illness is disruptive for you and your loved ones. It is normal to feel overwhelmed while you cope with changes during cancer therapy and after treatment ends. Learning and practicing [mind-body therapies](#) can help you build resilience to bounce back from this difficult experience. Many research studies have demonstrated mind-body activities lead to healthier sleep habits, and improvements in how you manage stress.

Led by our experienced mind-body therapists, MSK offers a variety of group meditation workshops, weekly drop-in classes, private sessions, and even online mindfulness groups. Classes are open to everyone affected by cancer – patients, survivors, and caregivers. Learn more about our [upcoming series](#).

To help you build your own mindfulness practice, we provide a [Meditation Station](#) on our website. It is a series of recorded meditation practices and soothing music to help you rest, relieve anxiety, and feel good. You can enjoy these recordings from any computer, tablet or mobile device with internet access.

Mind-Body Therapy Rates

Private session: \$80

Mind-body workshops: Varies by class; please view our [current offerings](#) for pricing details

Exercise & Movement

Exercise will help you knock out fatigue, move with ease, and help you and feel stronger in mind, body & spirit. With guidance and encouragement from our certified fitness instructor, you will strengthen weakened muscles, protect bone density, manage your weight, and improve balance. Coming to an Integrative Medicine class provides a fun and supportive community where you can exercise at your own pace and with people going through the same challenges.

We offer group classes and personal training services that are safe and fun for people of all ages and abilities. [Visit our Integrative Medicine at Home](#)

[membership page to learn more.](#)

Private Yoga Therapy

Yoga therapy is a new service at Memorial Sloan Kettering. Different from a general group class, yoga therapy is a more personalized experience. A trained yoga therapist evaluates your posture, breathing patterns, flexibility, and range of motion. They will make recommendations and will use a unique combination of yoga positions and meditation to help you improve.

Awareness of surgeries, chemotherapy, radiation, reconstruction and long-term side effects are carefully considered to help support a safe therapeutic experience.

Yoga therapy helps:

- Improved sleep
- Reduce stress
- Reduce fatigue
- Decrease depression and anxiety
- Improve symptoms associated with chemotherapy

Exercise Class & Personal Training Rates

Personal training (one-hour), \$150

Private yoga therapy (one-hour) \$150

Oncology Massage Therapy

60-minute massage: \$150

30-minute massage: \$90

Oncology focused medical massage is specially tailored to the needs of people who've undergone treatment for cancer. Our massage therapists help you move and function better so you can feel relief from chronic pain, muscle tension, and post-operative discomfort. They have advanced training and can safely provide care that considers the complications of cancer and its treatments. Oncology focused medical massage therapy is personalized to every patient and their goals and is helpful for:

- Fatigue
- Lymphedema
- Neuropathy symptoms
- Constipation
- Improving mood
- Chronic pain

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