



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALING ARTS AT THE Y

Relaxation/Deep Tissue Massage or Massage Reiki Fusion

30 min - \$35
60 min - \$70
90 min - \$100

Hot Stone

90 min - \$125

Sports Massage Rehabilitation

30 min - \$40
60 min - \$75
90 min - \$105

***Reiki**

30 min - \$35
45 min—\$55

***Reflexology**

30 min - \$55
45 min - \$70

***Shoulder/Head/Neck Express Massage**

30 min - \$40

***Neck & Facial Massage**

30 min - \$50
45 min - \$60

Massage Therapists

Meghan Mitchell, HHP (Lic#4558) (860) 604-2001 Available weekdays
Alison Barto, LMT (Lic#4469) (203) 312-4320 Available weekdays
Maureen Nelson, LMT (Lic#4907) (860) 558-9520

DESCRIPTIONS

Relaxation - Restore, release, and renew body, mind, and spirit with this soothing full body relaxation massage.

Deep Tissue - Bodywork with specified pressure that gives powerful relief from tension and eases chronic areas of discomfort. It is not heavier pressure but slower, deeper strokes to reach the second and third (deep) layers of muscles.

***Reiki** - An ancient healing technique empowering the body to facilitate physical, mental, and emotional health; working to relieve "stuck" or stagnant energy within the body. The goal of Reiki is not to cure but to balance. The client remains fully clothed while the practitioner uses a light touch over the specific energy centers.

Massage Reiki Fusion - A combination of massage and energy healing to provide relaxation and clearing of muscles and "clogged" energy centers in the body.

***Reflexology** - Utilizes pressure techniques on specific points of the feet and hands that directly correlate to target areas and organs of the body. These same points contribute directly to the body's physical level of tension. Using reflexology we interrupt the tension pattern long enough to allow the body to "reboot" and revitalize itself. The more treatments you receive the greater the effect. Reflexology also provides the ability to target specific health problems or injuries.

Hot Stone - Heated smooth, flat stones are placed on key points on the body and may be used to massage heat deep into the muscles.

Sports Massage Rehabilitation - Relax tired and tight muscles and increase range of motion with a variety of massage strokes and stretches.

***Shoulder/Head/Neck Express** - Concentration is focused to provide maximum release of tension in these highly stressed areas.

***Neck and Facial Massage** - Pampering and rejuvenation using specially formulated products for neck and face - to clean, soften and revitalize your natural youthful glow.

* Can be added on to a 30 or 60 minute massage.