
DESCRIPTIONS

Standard Massage Treatment: Integrated massage modalities (techniques) based on the client's requests and/or (medical) needs. Some of the techniques, that may be utilized during a standard massage session (but not limited to) swedish, trigger point therapy, deep tissue, range of motion, stretching, mild traction, and compression.

Swedish or Classic Massage: Consisted of the application of lubricant using long flowing strokes (effleurage, petrissage, tapotement, friction, vibration) along the bare skin

Trigger Point Therapy: Ischemic pressure (compression/deep isolated) to specific "knotted" area (trigger points cause local pain or refer pain and other sensations, such as headache, in other parts of the body) for a given period of time (typically about 90 seconds)

Range of Motion: Therapist moves a joint (flexion, extension, rotation)

Stretching: Therapist assisted passive and/or active isolated

Mild traction: Gentle pulling of the extremities and/or head/neck (spine)

Compression: Applying held or rhythmic pressure (pushing, squeezing, pinching) to muscle (may be used to calm spasm)

Aromatherapy: The use of plant-derived essential oils by diffusing into the air and/or mixing with lubricant and applying to skin. Type, quantity, how it used and areas of body applied will vary based on client requests and/or (medical) needs

Hydrotherapy: (or water therapy) The use of water (hot, cold, steam, or ice) to relieve discomfort and promote physical well-being. Some tools are hot/cold stone (basalt or soap) in the form of a roller or original stone shape, ice packs, hot packs (hydroculator), towels, or heating pad

Deep Tissue (full body): Primarily slower strokes with more pressure to reach deeper layers of the muscle and myofascial tissue.

Mastication Muscle Treatment: Relieving trigger points and hypertonicity of the muscles that assist in chewing such as masseter, pterygoids, and temporalis that can cause headaches, ear pain, neck pain, etc; can assist with relieving temporomandibular joint (TMJ) syndrome. Therapist will have to enter the mouth with a gloved hand in order to reach some of the muscles.

Relaxation (full body): Classic Massage using light to moderate pressure in a quiet (little to no conversation between client & therapist) darkened/low light environment with soothing music/sounds and/or white noise to help to unwind, reduce stress/anxiety and promote relaxation.

Pregnancy Massage: Addressing the special needs of expecting women. Utilizing pillows, cushions, and side-lying postures to prevent putting pressure on the abdomen.

Myofascial Release: Group of manual techniques used to reduce fascial restrictions

Chair Massage: Performed in a specially designed chair with your clothes on. It is excellent for relaxation and more, depending on the technique(s) used

Reiki: A Japanese technique for stress reduction and relaxation which administers a light healing touch to open chakra and meridian centers to release energy blocks

Quantum Touch: A dynamic and highly effective energy healing technique which focuses and amplifies a high vibration of the practitioner allowing the client's own biological intelligence to engage whatever healing it deems necessary

Thai for the Table: Rhythmic like pressure along with yoga like stretches are applied to the clothed (loose comfortable) body. Unlike traditional Thai Massage, this version was modified for the client to be on the table

Signature Relaxation Facial: Includes a thorough skin analysis, deep cleanse, exfoliation, massage of the face, neck, shoulder, hand and arm, masque application and moisturizer treatment customized for the specific skin type of the client

Anti-Aging Facial: Nourishing, full of antioxidant rich ingredients designed to remineralize the skin while protecting it from the damaging effects of the environment

Rosacea Facial: Organic skin care products that nourish and soothe, rich in vitamins and calming ingredients

Acne Facial: Deep cleansing treatment that effectively removes accumulated dead skin cells and uncovers the underlying layers of smoother brighter skin while unclogging pores. Additional time is spent extracting impurities from the pores.

Men's Hydrating Facial: Created specifically for men designed to protect the skin from current aggravation and prevent future damage. Please do not shave day after treatment.

Bellanina Facial with Face-lift Massage: Facial rejuvenation treatment that includes skin consultation, cleansing, exfoliation, massage to the face (effleurage, petrissage, acupressure, lymphatic drainage, tapotement and contouring strokes), treatment mask with neck, shoulder, arm and hand massage, and a balancing formula for the eyes and face. A series of treatments is recommended.

Back Treatment (may include legs & feet): A customized back facial treatment targets specific skin types. The treatment clarifies and softens the skin of the back providing deep moisturizing. Specific issues are addressed such as clogged pores, acne and dry skin. The treatment continues with application of essential oils and stress relief formula on the legs and feet.

Detoxification Body Wrap: A blend of seaweeds, rich in trace elements, minerals, proteins and vitamins are used to remineralize and vitalize the skin and body. You may also choose a rich mineralized mud for this process.

Body Contour Treatment: This treatment increases circulation, stimulates the lymphatic system, nourishes the skin, increases firmness and elasticity, removes toxins from tissues, and promotes inch loss and cellulite reduction.

Exfoliating Body Scrub (aka Sugar Scrub Body Glow): A combination of sugar scrub and essential oils are applied to the body to exfoliate the dead skin cells stimulating skin color and leaving skin soft and revitalized.

Hydrating & Exfoliation Treatment for the Extremities: Start with a sugar scrub, followed by a relaxing massage with essential oils and finished with a hydrating moisturizing cream. Hot towels are used in between to relax the muscles and remove products. A wonderfully relaxing experience.

Series vs Package: A series is a set number of same service that can be utilized for a single individual, while a package can either be different types of services given within the same timeframe for a single individual or a number of the same service that can split up (gifted) for different individuals.

About the Massage/Bodywork Practitioners

The Massage Therapists are all Licensed in NYS and received their Massage Therapy education from the New York Institute of Massage (NYIM) here in WNY. They are also members of Associated Bodywork & Massage Professionals (ABMP). As NYS LMT's they are required to receive Continued Education to maintain their licenses, and all are diligent and happy to do so. More detailed information about each practitioner at Seneca Springs can be found on the Seneca Springs website at www.senecaspringswellness.com. You may also book appointments online for some of the practitioners on their business site(s), Facebook and/or directly at www.messagebook.com/SenecaSpringsLMT.

Tammy Achkar: Tammy has lived in WNY all her life, and is a graduate of Alden High School and ECC. She graduated from NYIM in 2007 as Salutatorian of her class. Tammy hopes to grow her practice by becoming more involved in Prenatal and Infant Massage at Seneca Springs.

For an appointment, you may contact the office at (716) 771-1354 or book online.

Jennifer P Dossett: Jennifer is a WNY native. She received a BS in Digital Media Arts in 2002 from Canisius College. Prior to Massage Therapy, she worked for Xerox for 8 years within the Kaleida Health System, designing and managing documents. In October 2010, Jennifer graduated from NYIM, and in February 2011 received her license. Since May 2012, she has been a full time Massage Therapist, establishing her DBA as Massage By JP. Jennifer's goal is to help individuals through the benefits of massage.

For an appointment call/text (716) 510-2550 or book online. Her business site is www.messagebyjp.massagetherapy.com.

Stacey Sutton: In addition to NYS, Stacey is licensed in Georgia and is Nationally Certified. She offers therapeutic massage geared towards healing for the body, mind and spirit. With certifications in several modalities, her focus is on facilitating your personal goals into a treatment plan towards wellness and improvement.

For an appointment call (716) 400-5142 or book online. Her business site is <http://handsonmab.massagetherapy.com>.

Wendy Willson: Wendy graduated from NYIM in 2005. She has been practicing massage therapy for over 10 years and is trained in multiple modalities, specializing in Therapeutic Massage. Wendy uses her training in Aromatherapy to incorporate various essential oils into each massage.

For an appointment call (716) 353-5381.

Luisa Bruzga: Luisa's professional career spans over 20-years in the natural health and wellness field. She presently maintains a highly successful hypnosis and wellness practice which she designed to provide consulting, seminars and training on positive change and success strategies.

Luisa pursued advanced education in a variety of modalities deepening her studies of the connection between mind, body and spirit. Luisa's educational background includes a Master's in Applied Clinical Nutrition (MSACN), NY Chiropractic College; Certified Consulting Hypnotist & Instructor for the National Guild of Hypnotists (NGH); Certified NLP Practitioner & Transformational Coach; Reiki Master Teacher; Quantum Touch Practitioner/Instructor. In 2010, Luisa received her NYS License as an Aesthetician providing Youthfulness and Rejuvenation Programs.

For an appointment call (716) 677-4679 or (716) 449-1452. Her business site is www.wnyhypnosisandwellness.com.

Massage Therapy/ Bodywork	30m	45m	60m	75m	90m	120m
Standard Massage Treatment						
Add-ons:						
\$5 - aromatherapy						
\$5 - hydrotherapy						
\$10 - full body deep tissue (>60m)	\$40	\$55	\$70	\$80	\$95	\$125
\$15 - mastication muscle treatment (add'l time)						
Discounts:						
\$10 - full body relaxation (30m<75m)						

Insurance Session (Standard Massage Treatment)
Includes Health, No-Fault or Workers Compensation
15-60m rates/co-pay per plan coverage or NYS fee schedule rates

Pregnancy Massage	\$35	-	\$60	-	-	-
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Myofascial Release Initial Session 90m Follow-up(s) to be discussed	-	-	\$80	-	\$125	-
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Chair Massage: \$1 per minute (5 minute intervals)

Reiki	-	-	\$60	-	-	-
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Quantum Touch	-	-	\$60	-	-	-
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Thai for the Table	-	-	-	-	\$100	-
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Spa/Body Treatments	30m	60m	75m	90m
Signature Relaxation Facial	\$40	\$75	-	-
Anti-Aging, Rosacea, or Acne Facial	\$45	\$85	-	-
Men's Hydrating Facial	\$40	\$70	-	-
Bellanina Facial with Face-lift Massage	-	-	\$95	-
Back Treatment with Legs & Feet	\$45	-	-	-
	-	\$80	-	\$95
Detoxification Body Wrap	-	\$80	-	-
Body Contour Treatment	-	\$80	-	-
Exfoliating Body Scrub	-	\$80	-	-
Hydrating & Exfoliation Treatment				
Hand OR Foot	\$40	-	-	-
Hand AND Foot	-	\$70	-	-

Series/Package Deals and Other Specials	2	4	6	8	12
Standard Massage Series:					
30 minutes	-	\$135	\$200	\$256	\$360
60 minutes	-	\$250	\$350	\$440	\$600
Pregnancy Massage Series:					
30 minutes	-	\$125	\$180	\$220	\$300
60 minutes	-	\$200	\$285	\$360	\$500
Massage Series Chiropractic Add-On	-	\$125	\$180	\$220	\$300
Standard Massage Combo Pack two 30m, one 60m & one 90m				\$300	
Facial Series - 60 minutes	\$135	\$255	\$360	-	\$660

"The Blissful Journey"
customized 2 hour spa/body treatment program \$120

Standard Massage Holiday Specials
Held for Valentines Day (February), Mothers/Fathers Day (May-June), and Christmas (November-December)
Gift Certificates Series
90m 60m 30m 10% OFF (4+)
1 for \$75 2 for \$100 3 for \$90

Breast Cancer Awareness Month of October
\$20 for 30m Standard Massage Treatment
\$35 for 50m Standard Massage Treatment
Tips/Gratuities will be donated to Cancer Awareness

"Just Because" Standard Massage Specials

- Love & Respect Our Elders (65+) on first and third week of each month
- Treating Our Military in the months of May & November
- Happy Birthday To You (a day near or on your birthday)
- Everybody Deserves a Massage Week (July 16-22)

60m for \$45 or co-pay waived

Health Insurance Massage Therapy Discount
BlueCross BlueShield • Independent Health • Univera
A 20% discount on full rates (does not include series/package deals & specials) with participating massage therapy practitioners

30m	45m	60m	75m	90m	120m
\$40	\$55	\$70	\$80	\$95	\$125
\$32	\$44	\$56	\$64	\$76	\$100

SPA/BODY TREATMENT SPECIAL
First time Clients Receive \$20 off 60 minute services

Massage/Bodywork Practitioner Participation	Tammy	Jennifer	Stacey	Wendy	Luisa
Standard Massage Treatment	X	X	X	X	
Aromatherapy			X	X	
Hydrotherapy		X	X		
Deep Tissue	X	X	X	X	
Mastication Muscle Treatment		X	X		
Relaxation	X	X	X	X	
Insurance Session: No-Fault	X	X	X	X	
Insurance Session: BlueCross BlueShield of WNY (Erie County/NFTA)*	X	X	X		
Insurance Session: Workers Compensation			X		
Pregnancy Massage	X		X	X	
Myofascial Release			X		
Chair	X	X			
Reiki					X
Quantum Touch					X
Thai for the Table		X			
Spa/Body Treatments					X
Series/Package Deals & Other Specials	X	X	X	X	X
FSA, Wellness, Healthy Extras, etc CC/DBT	X	X	X	X	**

*Other companies may provide coverage. If your health insurance carrier covers massage therapy, please ask therapist if they participate
**BlueCross BlueShield Wellness Card only

Massage/Bodywork Practitioner Availability	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Tammy Achkar			X				
Jennifer Dossett		X		X		X	
Stacey Sutton	X			X			
Wendy Willson		X	X		X		
Luisa Bruzga	X	X	X	X	X	X	X

OTHER SERVICES PROVIDED AT SENECA SPRINGS
more detailed information about each provider and the services they provide can be found in the office or on the Seneca Springs and/or their personal website

- Acupuncture by Dr Craig Horner and Dr Rob Grobelny
- Chiropractic by Dr Craig Horner, Dr Nicole Enzinna, Dr Stefanie Pawelek, and Dr Rob Grobelny
- Mental Health Counseling by Theresa Pawlowski
- Hypnotherapy by Luisa Bruzga
- Iridology by Luisa Bruzga
- Infant Massage Classes by Peggy Furlong

SENECA SPRINGS

Massage Therapy & Spa Services



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