

INTRODUCTION

Massage is generally considered part of complementary and alternative medicine. It's increasingly being offered along with standard treatment for a wide range of medical conditions and situations.

Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain and muscle tension.

While more research is needed to confirm the benefits of massage, some studies have found massage may also be helpful for:

- ◆ ANXIETY
- ◆ DIGESTIVE DISORDERS
- ◆ FIBROMYALGIA
- ◆ HEADACHES
- ◆ INSOMNIA RELATED TO STRESS
- ◆ MYOFASCIAL PAIN SYNDROME
- ◆ PARESTHESIAS AND NERVE PAIN
- ◆ SOFT TISSUE STRAINS OR INJURIES
- ◆ SPORTS INJURIES
- ◆ TEMPOROMANDIBULAR JOINT PAIN

REF: MAYOCLINIC.ORG



Rules of Use:

1. See Front Desk to schedule
2. Must be at least 18 years old
3. No tipping
4. Individuals with certain health conditions should consult with a physician prior to massage
5. Drink plenty of water
6. All massage therapy sessions must be paid for in advance, at the time of scheduling. Cancellations will not be refunded. Rescheduling of appointments may be done with at least 48 hours notice.
7. The YMCA of the Greater Tri-Valley does not issue credits or re-funds except under the following conditions:
 1. A program is cancelled by the YMCA
 2. A payment error is made by the YMCA



ONEIDA FAMILY YMCA

701 Seneca Street
Oneida, NY 13421
P (315) 363-7788

ymcatrivalley.org

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MASSAGE THERAPY

PRIVATE TABLE MASSAGE



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MEET OUR THERAPISTS

JULIE POLAK:

I'M JULIE POLAK LMT, I STARTED MY CAREER IN MASSAGE THERAPY JUST OVER THREE YEARS AGO AFTER SEVERAL YEARS IN THE FIELD OF HUMAN SERVICES. THIS CHANGE HAS BEEN VERY REWARDING FOR ME AS I LOVE TO GIVE PEOPLE RELIEF FROM THE STRESS AND SORENESS LIFE HANDS US ALL. WHEN I'M NOT AT WORK, I KEEP BUSY WITH MY HUSBAND AND OUR FOUR CHILDREN. I LOOK FORWARD TO MEETING YOU!

HANNAH BARLEY:

GRADUATED FROM THE ONONDAGA SCHOOL OF THERAPEUTIC MASSAGE IN 2014 AND HAS SINCE BEEN LEARNING AND PRACTICING TECHNIQUES TO AID IN DEEP RELAXATION AND PAIN RELIEF. SHE OFFERS A MASSAGE TO SUIT HER CLIENTS' NEEDS, BLENDING SWEDISH MASSAGE WITH ACUPRESSURE AND CONNECTIVE TISSUE TECHNIQUES. SHE IS PASSIONATE ABOUT THE POSITIVE EFFECTS OF MASSAGE THERAPY ON THE BODY AND MIND, AND HOPES TO OFFER HARMONY, BALANCE AND EASE TO A BUSY DAY.

JAY DOUTHIT:

HELLO, MY NAME IS JAY DOUTHIT AND I'M A LICENSED MASSAGE THERAPIST. I GRADUATED FROM ONONDAGA SCHOOL OF THERAPEUTIC MASSAGE IN 2016. I'M ORIGINALLY FROM ALASKA AND HAVE LIVED IN CENTRAL NEW YORK FOR THE PAST 18 YEARS. I LOVE WHAT I DO AND ENJOY WORKING WITH AND MEETING NEW PEOPLE EVERYDAY. I LOOK FORWARD TO SERVING THE COMMUNITY AT THE ONEIDA YMCA! THANK YOU!



Massages MEMBER/NON-MEMBER

| | |
|------------------------------|-----------|
| 30 Minute Full Body Massage | \$35/\$50 |
| 60 Minute Full Body Massage | \$55/\$75 |
| 60 Minute Seasonal Massage | \$55/\$75 |
| 60 Minute Firm Pressure | \$55/\$75 |
| 60 Prenatal Massage | \$55/\$75 |
| 60 Minute Hot Stone Massage | \$70/\$90 |
| 60 Minute Essential Oil Wrap | \$60/\$80 |

18% Gratuity has already been added to service cost.

Purchase of massage includes day pass access to facility.

MASSAGE PACKAGES



TABLE MASSAGE APPOINTMENT OFFERINGS

| | |
|-------|-----------------------------|
| Mon | 9AM-4PM |
| Tues | 9AM-4PM & 5:30PM-8:30PM |
| Wed | 10:30AM-2:30PM & 5PM-8:30PM |
| Thurs | 6:30AM-7:30AM & 5PM-8:30PM |
| Fri | 5:30PM-8:30PM |

Appointments are available in:
1 hour or 1/2 hour sessions.



Please contact our Customer Service Department to schedule your appointment!

(315) 363-7788
Ext. 0

