

## 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



**ONEIDA FAMILY YMCA**  
701 Seneca Street  
Oneida, NY 13421  
P (315) 363-7788

[ymcatrivalley.org](http://ymcatrivalley.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MASSAGE THERAPY

### PRIVATE TABLE MASSAGE



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701 Seneca Street  
Oneida, NY 13421  
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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

Sun	BY APPOINTMENT
Mon	9AM-2PM
Tues	9AM-2PM & 5:30PM-9:30PM
Wed	10:30AM-2:30PM & 7PM-9:30PM
Thurs	6:30AM-7:30AM & 5:30PM-9:30PM
Fri	5:30PM-9:30PM
Sat	12PM-4PM

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

