

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

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MASSAGE THERAPY

## PRIVATE TABLE MASSAGE



**Oneida Family YMCA**  
**701 Seneca Street**  
**Oneida, NY 13421**  
**(315) 363-7788**

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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!

### 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!

### DAWNA FORWARD:

MY NAME IS DAWNA FORWARD. I AM A LICENSED MASSAGE THERAPIST, LICENSED ESTHETICIAN, AND A REIKI PRACTITIONER. I AM A 2017 GRADUATE OF THE MASSAGE THERAPY DEGREE PROGRAM AT MORRISVILLE STATE COLLEGE. FOR ME BEING A LICENSED MASSAGE THERAPIST ISN'T A JOB, IT'S A CALLING, A LIFESTYLE, A PASSION AND IT'S MY WAY OF CONTRIBUTING POSITIVELY TO THE WORLD. I TAILOR THE MASSAGE TO THE NEEDS AND PREFERENCES OF THE CLIENT USING A VARIETY OF MODALITIES INCLUDING; SWEDISH, DEEP TISSUE, TRIGGER POINT THERAPY, AND MYOFASCIAL RELEASE. MY GOAL AS A LICENSED MASSAGE THERAPIST IS TO PROVIDE A HIGH QUALITY SERVICE TO ANYONE IN NEED. I LOOK FORWARD TO ASSISTING YOU ON YOUR HEALING JOURNEY.



### 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.

## TABLE MASSAGE APPOINTMENT OFFERINGS

Mon	9AM-4PM
Tues	9AM-4PM
Wed	10:30AM-2:30PM & 5PM-8:30PM
Thurs	9AM-3PM & 5PM-8:30PM
Fri	9AM-3PM
Sun	9AM-1PM

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



## SERVICE DESCRIPTIONS

- ◇ **30 Minute Full Body Massage:** 30 minute Swedish style massage, great method for relaxation and reducing stress.
- ◇ **60 Minute Full Body Massage:** 60 minute Swedish style massage, great method for relaxation and reducing stress.
- ◇ **60 Minute Seasonal Massage:** 60 minute massage done with our preferred seasonal oil of choice to spruce up your season joy. (Current essential oil is LEMONGRASS)
- ◇ **60 Minute Firm Pressure Massage:** 60 minute massage using a soothing Arnica massages lotion to reduce pain and inflammation.
- ◇ **60 Minute Prenatal Massage:** 60 minute Swedish style massage to cater to the stresses of pregnancy.
- ◇ **60 Minute Hot Stone Massage:** 60 minute massage that incorporates warm lava stones and a relaxing atmosphere.
- ◇ **60 Minute Essential Oil wrap:** 60 minute massage combined with an organic essential oil and hot towel wrapping technique.

Please contact our Customer Service Department to schedule your appointment!

(315) 363-7788  
Ext. 0

