

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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(315) 363-7788

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MEET OUR THERAPIST

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!



Make massage a regular part of your well-being routine

Massages MEMBER/NON-MEMBER

30 Minute Full Body Massage \$35/\$50

60 Minute Full Body Massage \$55/\$75

60 Minute Firm Pressure \$55/\$75

60 Prenatal Massage \$55/\$75

60 Minute Hot Stone Massage \$70/\$90

Cupping \$65/\$85

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 5PM-8:30PM

Thurs 5PM-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

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 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.
- ◇ **Cupping:** Cupping is supposed to draw fluid into the area that is affected or painful; the discoloration is due to broken blood vessels just beneath the skin, much like a bruise. It is supposed to promote healing and has been used extensively for sore muscles.

7 MASSAGE THERAPY HEALTH BENEFITS

- 1 LOWERS STRESS
- 2 RELAXES AND UNWINDS SORE MUSCLES
- 3 INCREASE CIRCULATION
- 4 NORMALIZES BLOOD PRESSURE
- 5 BRIGHTENS MOOD
- 6 BOOSTS IMMUNE FUNCTION
- 7 FOSTERS SOUND SLEEP

SOUTHWEST INSTITUTE OF MASSAGE & THERAPY
www.southwestmassage.com