

## Other Services

**Chakra Therapy** The energy of the chakras is assessed and then balanced through Reiki.

30 minutes.....\$40

**Holistic TMJ Relief** An innovative program combining massage, craniosacral, and facial exercise therapy to relieve jaw pain. 90-minute initial consultation and treatment .....

\$105  
The complete program consists of 4 weekly, 90-minute sessions .....

\$390  
**Ion Cleanse** This comfortable, relaxing foot bath detoxifies the body with no stress to the client.

30 minutes.....\$40

**Reiki Session** Reiki can relieve pain, stress and discomfort and has a calming effect on the recipient.

**S.C.E.N.A.R.** is a small, electronic biofeedback device used by Terry Fluri, LMT to aid in relieving a variety of physical complaints.

60-minute Introductory Session .....

\$75  
20, 30, 45 minutes .....

\$25, \$40, \$50  
15 minutes added onto massage.....\$20

## Massage Add-On Services

May be added for \$10 each:

Paraffin Hand/Foot	Mini Hot Stones
Whirlpool Foot Bath	Aromatherapy
Sea Salt Foot Scrub	Infrared Lamp
	Light Box

## Retail Products

Handcrafted Jewelry  
Health and Wellness Products



## A Peaceful Place

Massage & Wellness Center

### Location:

1733 Route 9

D&G Village

Clifton Park, NY 12065

15 minutes south of Saratoga

187 to Exit 9, head east on Rt. 146, then north on Rt. 9,  
1/4 mile on right

Phone: (518) 371-2225

Fax: (518) 371-2583

[www.apeacefulplace.com](http://www.apeacefulplace.com)

[aplace@aol.com](mailto:aplace@aol.com)

### Hours:

By appointment,

Mon - Sat: 8am - 9pm, Sun: 1-6pm

Reception/Retail: Mon - Sat: 10am - 5pm

Cash, All Credit Cards and personal checks accepted.  
\$25 returned check fee. All sales final, no cash refunds.  
24 hour cancellation notice is required or you will be charged for the scheduled service. Gift Certificates are available on our website—[www.apeacefulplace.com](http://www.apeacefulplace.com).

Gift Certificates are void without required notice.

We accept most No Fault Insurance cases.

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*Relax Your Body*

*Rejuvenate Your Spirit*

*Educate Your Mind*



*A Peaceful Place*

*Massage & Wellness Center*

(518) 371-2225

[www.apeacefulplace.com](http://www.apeacefulplace.com)

Member of

HealthSource Now, LLC

The Chamber of Southern Saratoga County

Founder of SHARE

Massage & Wellness

# Massage & Wellness Services

All massages are 30, 45, 60 or 90 minutes.....\$40, \$50, \$65, \$90 unless otherwise stated.

**Relaxation Massage** This Swedish Massage is ideal for relieving overall stress and soothing sore, tense muscles.

**Aromatherapy Hot Stone Massage** Melts away tension using lavender essential oil and hot stones to penetrate deep into tight muscles. 60 minutes ..... \$100

**Ashiatsu Oriental Bar Therapy** Working with her feet, Lisa Tyrka, LMT uses very firm, deep pressure on the back, back of arms, hip area and legs. 60, 90 minutes .....\$80, \$105

**Couples Massage** A Relaxation Massage for each of you in the same room. 60 minutes each.....\$150

**CranioSacral Therapy** a light touch approach to healing the mind and body by connecting with the central nervous system. The craniosacral rhythm is the flow of the cerebral spinal fluid which nourishes the brain and spinal cord. Other fluids in the body also connect with the craniosacral system and since our bodies are 80% fluid a craniosacral therapy session can help most physical or emotional problems. Craniosacral therapy is suitable for all ages from infants to the elderly. 60 minutes .....\$75

**Myofascial Release** with Virginia Touhey, LMT addresses the connective tissue or 'fascia' that surrounds every muscle, organ and bone in the body through gentle, sustained stretching. 45, 60 minutes .....\$60, \$80

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**Oncology Massage:** Lisa Tyrka, LMT uses her special training and care for clients who have experienced cancer, lymph node removal or chemotherapy.

**Prenatal Massage** Relieves back pain, fatigue and swelling in the extremities while increasing circulation.

**Raindrop Therapy** Application of essential oils to the feet and back (via raindrops) with moist heat and massage to affect the spinal muscles and nerves. 60 minutes.....\$80

**Reflexology** Stimulates organs and glands that correspond with reflex points on the feet.

**Off-Site Chair Massage** Reward yourself or your co-workers with a chair massage. Perfect for employee recognition or staff meetings. 60 minutes .....\$75 (2 hour minimum)

## Massage Packages

Nurture your health with regular massage and save money at the same time:

**6-Pack:** A package of 6 massages (reg. \$65 each) for \$55 each.....\$330 (\$60 savings)

## Mind, Body and Spirit

**Hypnosis** with George Guarino, CH can change behaviors relating to weight management and smoking, as well as emotional issues like stress reduction, test-taking and surgery preparation.

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**Optimal Hormone Balance** with Kathleen Lanka, MS, ANP (a nurse practitioner with 20 years of experience in primary care, women's health and nutrition): Achieve hormone balance through diet and lifestyle modification and the use of bio-identical hormone replacement therapy.

**Personal and Professional Life Coaching** with Suzanne Morrison Gauvreau, MSW: Life Coaching is a holistic, honoring, and affirming process of achieving your goals. It will take you on a journey of self-discovery while tapping into your most valuable resource: YOU! Make an appointment for a free, introductory session to determine if life coaching is right for you.

**The Reiki Center**, led by Rev. Hillary Raimo, RMT, offers ongoing REIKI training, as well as workshops on a variety of spiritual and practical topics (see our online calendar). One-hour Reiki appointments also available.

Consult our website for rates and practitioner information, or call 371-2225.

Gift Certificates Available



See [www.apeacefulplace.com](http://www.apeacefulplace.com) for additional therapies, services and descriptions.