

## Meeting & Event Rental



Weddings, Meetings, Bridal Showers,  
Birthday Parties, rehearsal dinners &  
Other Special Event Accommodations are offered at The Center's  
Gathering Room & Attached Cathedral Room. Complete Theme  
Packages Available!

Please Inquire or View our Event Website

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

## THE CATHEDRAL ROOM



## THE GATHERING ROOM



1 Hoffman St.  
Auburn, NY 13021

\*Pricing subject to change without notice.

\*\*Pardon any typos.

V.1.16.24



Natural Healthcare  
Massage , Spa & Facials  
Workshops & Certifications  
Event Accommodations  
Gift Shop & More

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[mah@TheCenter4Wellness.com](mailto:mah@TheCenter4Wellness.com)

## About Us...



You have just discovered a very unique sanctuary for healing and spa for wellness! *The Center* offers Eastern and Western approaches to health and embraces the need for prevention by offering services for pure relaxation and rejuvenation in a beautiful, relaxing spa setting.

So whether you are looking for an escape from everyday stress, or looking for support with health or illness we can help. Discover for yourself what our offerings can do for you. At *The Center*, our goal is to help you achieve your goals and to help you reach your highest potential... naturally!

### Our Certified Reviews



*I feel better than I have in the last ten years...I would highly recommend anyone with a diagnosis such as mine to seek out The Center immediately.*  
- B. White

*"I would like to thank you for providing my mother with such a relaxing birthday experience. As always, The Center is our "go-to" place for any needed rejuvenation. You always exceed our expectations with your warm, charming demeanor and your attention to the smallest details. Thank you again for making the day so very special."*  
-E. Ranauro Singer

*"I truly enjoyed having your therapist come to my home for massage to give me some relief from the accident I was in. I love great service and truly appreciate how responsive you were in handling my request with such urgency. This was such a treat for me."*  
-K. Kellog

*We had an EXCELLENT baby shower in the front room. Mary Ann took SUCH GOOD care of us! The space was beautiful, the decorations were perfect and the hospitality of the staff was unbelievable. We had such a positive and perfect experience. I can't wait to tell others about how great it was!! Thank you so much for everything!!!*

*"On behalf of the Network and Board, I want to personally thank you for your service and personal attention at our annual retreat. Your facility is wonderful and thoroughly enjoyed by everyone! ...You're the best!"*  
- Irving Lyons

*"The Center is beautiful and very peaceful. The instructor was warm, very knowledgeable and a terrific teacher. All in all, a wonderful experience."*  
-Reiki Student

*"The Body Bliss massage with Mark was a wonderful and relaxing experience and I would definitely recommend it."*  
-Sandy P.

**View Hundreds of Certified Reviews on Online!**



## Additions To Any Treatment



**Custom Blended Massage Oils/Lotion ...\$15.**  
Add the therapeutic benefits of pure essential oils custom blended to your specific needs .

**Going to Extremes .....Hands or Feet.....\$18./10m**  
.....Both \$30./20m  
Massaging our hands and feet can be one of the most satisfying treatments we can receive that will nurture the most over used parts of your body! (*may be split 5m hands & 5 m. feet*)

**Aromatic Scalp Massage .....\$18. / 10m**  
Specially blended essential oils that relax the mind, stimulate the senses and promote hair growth are utilized with special cranial massage techniques.

**Hydrotherapy Soak.....\$30. single \$55. couple / 20 m**  
Relax in our amazing hydro tub with its powerful jets and colored lights filled with your choice of a bubbling Seaweed, or Aromatic Dead Sea salt soak

**"Quiet Time" w/ Refreshments.....\$55. p / \$75. couple**  
30 minutes of quiet time in a private room, while being served fresh fruit of the season, cheese, crackers, chocolates and your choice of 1 gourmet teas or champagne.

**Hand / Foot Aroma Salt Glow ..... \$35. (h or f) / 10 m**  
.....Both hands & feet \$60. / 20 m  
Rosemary, peppermint & eucalyptus therapeutic grade essential oils are combined with Dead Sea salts to exfoliate dead skin cells and rejuvenate tired hands and feet. This service is also useful for psoriasis and athletes feet.

## Private Classes & Certifications



**Private Reiki Certification .....Level 1 or 2 / \$250.**  
Masters Level ;.....\$525.

The Center offers three levels in Reiki Certification. Classes are private or semi private. They are conducted in this manner to support the tradition of one-on-one training with a Reiki Master Teacher rather than a large group class setting. Classes are approximately 4 hours

Reiki is an ancient Japanese hands on healing technique that has been used for centuries. Certification classes include all materials and are comprised of lecture, discussion, attunement, and practice.

**Reiki Certification Refreshers.....Level 1 or 2 / \$150.**  
Masters Level .....\$275.

Designed for individuals who have certification and just need a little brush up! (Proof of certification must be presented)

### Corporate / Group / Organizations

Presentations and services such as massage & stress reduction are offered at your location or ours! Please inquire.

## Skincare



**CRH Facial Treatment** (anti-aging) .....\$150. / 75-90 m  
*Add High Frequency* ..... \$25.

This anti-aging facial utilizes Katrine Marso specially formulated products that are clinically proven to reverse the signs of aging. The surface of the skin is visibly smoother and younger looking. The CRH Skin treatment intensely rehydrates the skin to diminish fine lines and wrinkles, restores the hydrolipidic barrier, tightens and tones the skin, and provides immediate plumping and facelift effect.

**Dermique Micro-A Facial Treatment**....\$145. / 60-75 m  
Suitable for most skin types (not recommended for sensitive skin) The Dermique Micro A facial includes a manual abrasion exfoliation with chopped and purified bamboo fibers eliminating the corneous layer of dead skin cells and activating cellular renewal while oxygenating the skin....Amazing!  
*Special note: Men should not shave prior to treatment. Do not apply night cream 24 hrs before, avoid sun exposure for 48 hrs.*

**Dosed Exfoliation Facial Treatment** .....\$135. 75-90 m  
This carefully dosed exfoliation treatment is a deep cleansing and detoxification treatment. It is designed to eliminate toxins that create clogged pores and break outs by stimulating the lymphatic system to eliminate waste and clean up cells. This facial will also reduce facial "puffiness" and increase responsiveness of the skin through lymphatic facial drainage massage.

**Eclatlift (Radiance) Facial Treatment**.....\$145. / 75-90 m  
Is your skin looking dull, drab, or tired? Is your skin damaged from the sun or hyperpigmentation? The Eclatlift facial can help! This treatment facial is ideal for skin that lacks luminosity and vitality. The active ingredients in this facial are formulated to effectively revitalize, restore, and rejuvenate your skin erasing signs of fatigue, softening the appearance wrinkles, redness and skin irritations, creating a smoother even complexion.

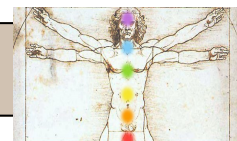
**Glyco F1 Treatment**.....\$140. / 60-75 m  
This treatment is designed to eliminate dead skin cells and stimulate cell renewal for healthier looking skin. Glycol F1 treatment will brighten the skin and help fight the signs of aging for a younger more youthful complexion.

**Glyco-Peptide Treatment**.....\$145.00 / 75-90 m  
A multi level exfoliation treatment that stimulates cell renewal and produces a lifting effect on the skin.

**Two Enzyme Facial Treatment**.....\$115. / 60 m  
Two Enzyme peeling treatment is good for all skin types, and especially useful for sensitive skin or skin with inflammatory tendencies. This treatment includes the application of a specially formulated exfoliating enzyme with active vegetal ingredients. Dead skin cells are eliminated and skin texture is more refined.

Ask about our "Fountain of Youth Package" (1 x weekly for 3 weeks) (1) Dermique Micro A followed by (2) Glycol F1 treatments....you will be amazed at the results!!!

## Holistic Health



At The Center, we believe that natural treatments are complimentary opportunities and choices to alleviate symptoms and change the course of disorders without side effects. We treat the whole person!

**Acupuncture**...*Initial \$115. /85m Follow Up \$85./55m*  
An ancient therapy that utilizes hair fine needles to stimulate healing in the bodies system. Acupuncture improves and maintains general health. Useful for a variety of health concerns, pain, anxiety and habitual related concerns. *V.A. Community Care & Some Insurances accepted!*

**Dream Work**.....\$125./h  
A process which both the therapist and client actively engage in exploring the clients dream world to uncover the symbolism, metaphors and subtle messages hidden within our dreams.

**Ear Candling**.....\$50. /25 m  
A hollow beeswax candle is inserted in the ear. The smoke & warmth combined with the design of the candle creates a natural vacuum to loosen ear wax and eliminate fungus deep in the ear canal. Useful for *Ear Infections, Ringing In The ears, Hearing Loss, swimmers ear, Migraines, Sinus Problems, Ear Aches and Pressure, Balance Problems, Problems With Mental Clarity, Sixth And Seventh Chakra Blockages.*

**Energy Medicine**.....\$105. /h  
Using healing touch, on three major interacting energy systems of the body (chakra's, meridians, acupoints), EM supports and nourishes physical, mental, emotional, spiritual, and relational aspects of your health and life. Assists a broad range of concerns from everyday stress, and "feeling stuck" to debilitating and/or life threatening concerns.

**Hypnosis**.....\$125. /h *Initial*.....\$95. /h *Follow up*  
A tool to bypass the conscious mind and access the power of the subconscious which governs our habits and behavioral patterns. Helps change inner beliefs, negative self talk and past experiences that sabotages our attempts to create what we want in life.

**IMAET**.....\$105. /h  
A software system that tests a range of electromagnetic frequencies, measures the body's response to identify stressors and creates an alternate biofeedback response to promote health and healing. Learn more on our website.

**Intuitive Life Coaching**.....\$105. /h  
ILC focuses on personal and professional and relational development giving intuitive feedback to circumstances and situations in your life while providing tools and strategies to help you overcome obstacles and manifest what you want in life.

**PEMF (Pulse Electromagnetic Frequency)**...\$60. /20m  
Coming Soon! Using MagnaWave PEMF equipment, electromagnetic pulsing currents penetrate deep into the tissue to boost the body's natural ability for cellular repair. useful for injuries and a variety of health benefits, including reducing pain and inflammation. Learn more on our website.

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## Holistic Health



**Reflexology**..... \$105. / 55m w/scrub add \$20.

A pressure technique applied to reflex areas on the feet allowing the body's own healing potential to be stimulated. Benefits: relaxation and stress reduction, improved circulation & lymphatic flow, stimulates the immune system....and just feels great!

**Reiki (Usui & Karuna)**....\$85. / h

Reiki (ray-key) A Japanese healing technique that has been used for centuries for stress reduction, relaxation, and healing. Balance all levels physical, mental, emotional and spiritual as well as enhances the body to balance and heal itself.

**Personal Counseling**....Initial \$125. /h...Follow up \$95. /h

Personal counseling promotes self-discovery and growth. It can increase self-confidence, help solve problems, improve relationships, achieve goals in work and education, and help in making good decisions for emotional, physical and mental well-being .

## Massage & Spa



**Special Needs**...\$120. /55m \$180. 85m

**(Includes Pregnancy, Oncology, Injury, Rehab, Medical, Handicap)** Specific techniques and accommodations for individuals in recovery / rehab, injury, or physical disabilities, special challenges, or simply the joy of pregnancy! *\*Pregnant women must be min. 12 weeks gestation . \*\* V.A. Community Care and some insurances accepted.*

**Sports Massage**.....\$115. / 55m \$170 . / 85m

Sports massage is the science of applying soft tissue manipulation to increase athletic performance and speed the recovery process from injury. Not just for the elite athlete.

**Time for Two** ...Share a massage experience in the same room with someone special... your spouse, child, significant other or best friend!

**Swedish** \$190. /55m \$280. /85 m **Aroma** \$230./55m \$340. /85m

**Deep Tissue** \$240.0/55m \$360. /85m **Body Bliss** - \$330. /85m

## Massage & Spa

**Back to Basics Massage** ....\$95. / 55m .....\$140./ 85m

The classic Swedish massage relieves tension and daily stress. Loosens tense muscles, and improves circulation and mobility.

**Acupressure Massage**.....\$105. / 55m \$155. / 85m

Combines massage with percussive and acupressure techniques for greater flow of blood and oxygen. Releases tension, relaxes, improves energy, alleviates muscle aches and pains, helpful for headaches, clearing toxins and stimulates the bodies immune system.

**Aromatherapy Massage**.....\$115. / 55m \$170. / 85 m

A custom blend of therapeutic essential oils geared towards your specific needs to enhances the benefits of the Swedish massage.

**Body Bliss Massage**.....\$165. / 85m

A head to toe journey to pure bliss! Includes: full body massage, stimulating and mineralizing Dead Sea Salt foot massage with Rosemary & Peppermint oils followed by a soothing Rosemary scalp massage and mini facial (does not include skin analysis.

**Deep Tissue Massage**...\$120./ 55m \$180. / 85m

Designed for those suffering from aches, pains, injuries or tension to certain areas of the body or specific muscle groups. Utilizes connective tissue work and trigger point therapy to release knots, increase range of motion and return the body to normal function.

**Hot Stone Massage**.....\$125. /55m \$185. / 85m

Promotes deep muscle relaxation through the use and placement of smooth, heated basalt stones at key points of the body.

**Integrative Massage**.....\$135. / 55m

A signature treatment that utilizes a number of different massage techniques specialty oils, and reiki healing.

## Celebration Packages



**All Packages include 30 min. of Quiet Time & Refreshments**..... *A special time devoted intimate conversation or introspection... Offering a fresh fruit and cheese platter and glass of champagne.*

**Viaggio d'Amore!**.....\$200. pp \$360. couple /105m

Begin your "Journey of love" with a bubbling hydro-bath to quiet the mind and relax the body followed by a customized aromatic Swedish body massage for an overall experience that delights all the senses!

**Soul Mates**.....\$200. pp \$360. couple / 105m

Release, relax and unwind in an aromatic Dead Sea salt mineral soak that draw toxins from the body and balances and frees the nervous system from worries and stress, followed by an aromatic Swedish massage with custom blended oils for you and your mate.

**United**.....\$220. pp \$405. couple / 120 m

.....w/Hydro-bath \$250. pp \$460. couple  
Experience ultimate rejuvenation with a head to toe treatment that includes a full body massage with custom oils, a stimulating and mineralizing foot massage using dead sea salts, rosemary and peppermint therapeutic grade essential oils, a soothing and clarifying rosemary scalp massage & mini facial.

*Add 30 min to your massage time for an additional \$50.pp*

*Exchange your Aroma Swedish to an Aroma Deep Tissue add \$20.pp*

*Have other special needs or requests? Please let us know and we will be happy to try to accommodate!*