



A SANCTUARY FOR A LIFESTYLE  
OF WELLBEING

## THE CENTER

1 Hoffman St. (Corner of Genessee St.)  
Auburn, NY 13021  
P. 315.704.0319



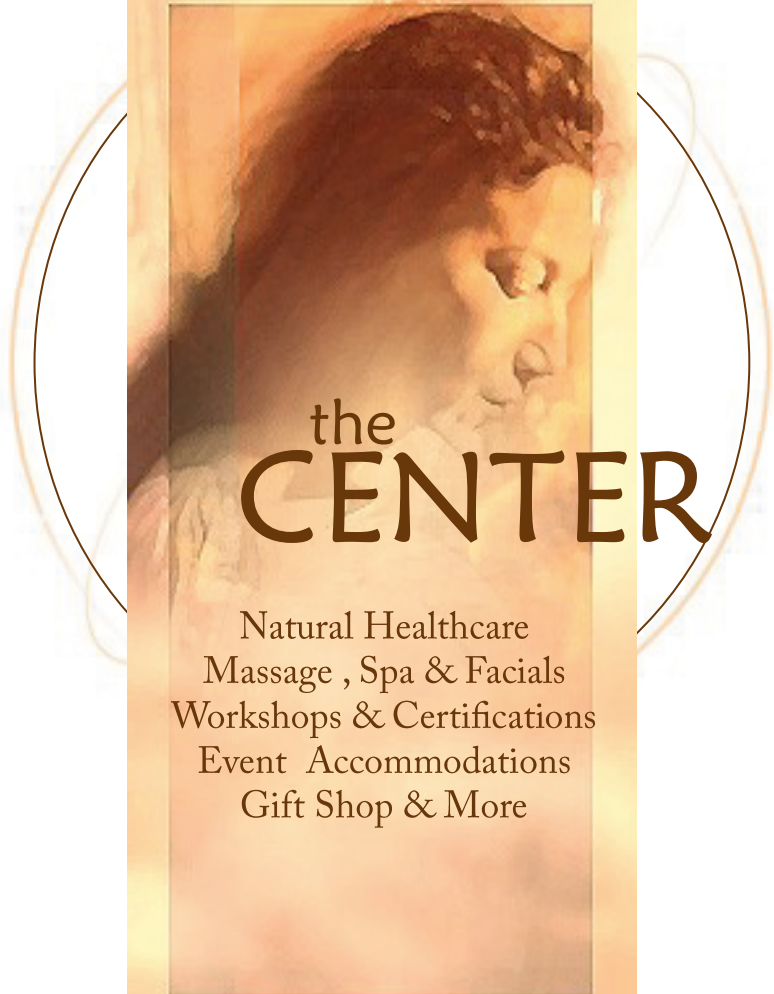
[www.TheCenter4Wellness.com](http://www.TheCenter4Wellness.com)  
[mah@TheCenter4Wellness.com](mailto:mah@TheCenter4Wellness.com)

\*Pricing subject to change without notice.  
\*\*Pardon any typos.  
V.5.15.19



## THE CATHEDRAL ROOM

Event Venue  
(former church connected to The Center)  
[www.CathedralRoom.com](http://www.CathedralRoom.com)



## the CENTER

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



P. 315.704.0319

## About Us...

You have just discovered a very unique sanctuary for healing and spa for wellness! *The Center* integrates Eastern and Western approaches in its well care model, while embracing the need for prevention by providing 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 basic health or chronic illness we can help. Discover for yourself what our unique process and offerings can do for you. At *The Center*, our goal is to help you achieve your goals and to help you reach and experience 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 Our Website!



## Private Classes & Certifications



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

Private Reiki Certification .....Level 1 or 2 / \$175.  
Semi private.....Level 1 or 2 / \$150.  
Masters Level .....\$475.  
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 / \$95.  
Masters Level .....\$250.  
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.

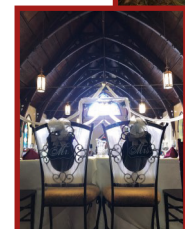
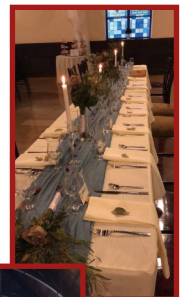
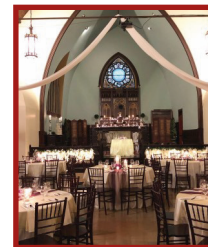
## Meeting & Event Rental

Meetings, Bridal Showers, Birthday Parties  
Weddings & 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 at

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



## Additions To Any Treatment



**Custom Blended Massage Oils/lotion ...\$10.**  
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 .....\$15. / 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 Sea-weed, 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.

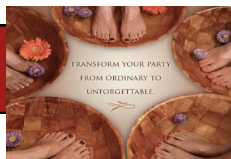
**“FIR Sauna Therapy”.....\$30. 1/2 hr. / \$50.hr**  
Pkg of six 30 or 60 m. treatments...\$150. /\$250.  
Far infrared saunas increase circulation and nourishes damaged tissue while reducing pain and stiffness. The heat generated through sauna therapy helps rid the body of toxins and metabolic waste Recommended Sauna time 30 – 60 min.

**Hand / Foot Aroma Salt Glow ..... \$30. (h or f) / 10 m**  
.....Both hands & feet\$55. / 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.

*\*Want a longer treatment? You may add 30 extra minutes to your treatment package for an additional charge of \$40.00*

*\*\*Need other special arrangements or modifications to complete your celebration package? Not a problem, contact us and we will do our best to accommodate your request!*

## Let's Get Together!



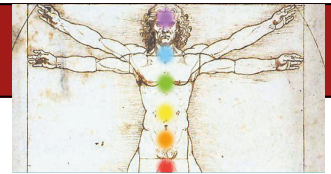
Pricing starts as low as \$25.00 PP

Use of our gathering room for you and your friends....  
Bring your own refreshments and dish to pass or let us bring the party to you! Our packages allows you to choose from a variety of 20 & 40 min. treatments ...

**Chair Massage • Acupuncture • Reiki  
Hand & Foot Treatments • Facial • Body Massage  
Card Readings • and More!**

**Contact Us for More Details!**

## Holistic Health



**A**t The Center, we believe that natural treatments are complimentary opportunities and choices to alleviate symptoms and change the course of disorders without side effects. Our collaborative team of practitioners understand the inter-connectedness and complexity of our body, mind, spirit, emotion system and seek to support clients on all levels of health and well being. We treat the whole person!

**Acupuncture.....Initial \$110. /1.5 h Follow Up \$75./1h**  
An ancient oriental therapy that utilizes hair fine needles to stimulate a healing response in the bodies system. Acupuncture supports the natural healing powers within the body, improves and maintains general health. Useful for a variety of health, pain, and habitual related concerns.  
**V.A. Community Care & Some Insurances accepted!**

**A&M-Initial \$160. /2 h or \$190. 2.5 h Follow Up \$125./1.5h or \$160. 2h Acupuncture coupled with a 30 or 60 min. massage.**

**Cranial-Sacral Therapy.....\$85./h**  
Using a soft touch practitioner releases restrictions in the cranio-sacral system to improve the functioning of the central nervous system. By complementing the body's natural healing processes, CST is used as a preventive health measure for its ability to bolster resistance to disease, and is effective for a wide range of medical problems associated with pain and dysfunction.

**Dream Analysis 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. It helps us find answers and meaning to our everyday life situations, symptoms and concerns.

**Ear Candling.....\$50. /25 m**  
A specially designed 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. Ear candling has been useful for many conditions: *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**  
Energy Medicine is rooted in Eastern philosophies of medicine and utilizes three major interacting energetic systems that supports and nourishes physical, mental, emotional, spiritual, relational and situational aspects of our health and life. Energy Medicine seeks to address the root cause of our symptoms or what we may be experiencing in our life and works to change the course rather than simply managing symptoms. It is useful for a broad range of concerns from everyday stress, and “feeling stuck” to disorders that are debilitating and/or life threatening. Energy Medicine is also a wonderful preventive modality that boost the immune system and helps you to manifest what you truly want in life and health.

## Holistic Health



### Holistic Health Consult ..... \$95. / h.

A holistic health consult looks at all areas of the self and life in order to help you achieve vibrant health and inner happiness. This service is appropriate for physical health issues, as well as mental, emotional and spiritual according to your needs. It can be utilized for learning more about proper supplementation for your personal health as well as detoxification or health struggles.

**Hypnosis.....\$125. /h Initial.....\$95. /h Follow up**  
Hypnosis is a tool to bypass the conscious mind and directly access the power of the subconscious mind which governs our habits and behavioral patterns. Our inner belief system, negative self talk and past experiences can sabotage our attempts to create what we want in life. Hypnosis can erase past negative influences and establish positive belief patterns and behaviors. All that is required is an open mind, an imagination and a willingness to follow guided directions.

**Myofascial Release .....\$105. / 60 m \$125. /75 m**  
MFR is a whole body approach to addressing various issues within the body. Beginning with a basic postural assessment to locate problem areas, this method seeks to release fascial barriers that create pain and discomfort. This technique utilizes Soft Tissue Mobilization, Deep Release, Arm/Leg Pulls, Lumbrosacral Decompression, Transverse Facial Planes, Cervical Release and Craniosacral Therapy. **Note**

**Life Coaching.....\$95. /h \$125. /h couples**  
Similar to counseling but less analytical, life coaching helps individuals better understand, release, and move forward with past/present concerns in their life. Life coaching gives you tools and strategies to help you manifest what you want in life.

**Reflexology.....\$45. / 30 m. \$80. / h .....w/scrub add \$20.**



a specific pressure technique is applied to reflex areas on the feet which creates physiological changes in the body allowing the body's own healing potential to be stimulated. Benefits include: relaxation and stress reduction,

improved circulation and oxygenation, improved lymphatic flow and stimulation of the immune system which helps the body take up more nutrients, detox, revitalize and energize the body....It also just plain feels great!

## Skincare



### Classic European Facial .....\$75. / 60 m

Plump and restore the skins appearance with a classic customized facial based on your skin type & condition whether mature, dry, normal, oily, sensitive or combination.

**Deep Pore Facial .....\$105. / 70 m**  
Specially formulated facial for individuals who struggle with clogged pores or have acne prone skin. Includes extraction, enzyme peel and/or frequency treatments depending on skin condition .

**Pick Me Up Facial.....\$125. 60m**  
Is you're skin is looking dull or drab? Are you suffering from the aftermath of a "long night out"? Is your skin damaged from the sun.? A "pick me up facial is the answer!" The active oxygen ingredients in this facial are formulated to effectively revitalize, restore and rejuvenate your skin. This treatment includes treatment ampoules.

**Turn Back the Clock Facial (anti-aging) .....\$125. / 75 m**  
An anti-aging facial utilizes high frequency treatment and specially formulated peptide products with proven clinical results to reduce the appearance of fine lines/ wrinkles to reverse the signs of aging, tone & tighten skin. Includes extractions and specialty serums that acts as a "second skin" to protect and renew skin cells.

**Clean 4 Teens Facial (pubescent).....\$75. / 50 m**  
.....w/galvanic current treatment and extraction \$95. /60 m  
Specially formulated facial for Pubescent/Teen skin. Facial includes customization and Informative skin care lesson.

**It's (also) A Man's World Facial.....\$75. /50 m**  
.....w/extraction \$95.  
Especially formulated for men's special needs to combat the rigors of shaving and calm skin irritations. Men's essential focuses on deep cleaning to refine and reduce the appearance of congested, large or clogged pores and special treatments to diminish fine lines & wrinkles for healthy, younger-looking skin. ...*P.S. When your significant other remarks on your glowing appearance, just tell her you're happy to see her!*

**Organic Wine Peel.....\$55. / 25 m / \$35. w/ facial**  
Our grape wine peel is a "natural" alternative to harsh salicylic acid peels. This multi-fruit acid complex made with white grape wine and fresh fruit pulp gently exfoliates, refines and regenerates skin cells while moisturizing and protecting the skin against free radicals and fights the aging process of the skin.

## Celebration Packages



**All Spa Celebration Packages include 30 minutes of Quiet Time**

**& Refreshments....** *A special time devoted intimate conversation, relaxation, or introspection...Offering a fresh fruit and cheese platter and your choice of a glass of champagne or tea.*

**Viaggio d'Amore!.....\$175. pp \$310. couple /110 m**  
Begin your "Journey of love" with a bubbling hydrotherapy bath to quiet the mind and relax the body followed by a customized aromatic body massage for an overall experience that delights all the senses!

**Soul Mates.....\$175. pp \$310. couple / 110 m**  
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 massage with custom blended oils for you and your mate.

**United.....\$210. pp \$380. couple / 120 m**  
.....w/ Bubbling Hydro-bath \$240. pp \$435. couple

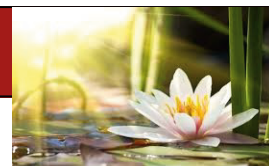
Experience ultimate rejuvenation with a head to toe treatment that includes a full body massage with custom oils to meet your individual needs, a stimulating and mineralizing foot massage using dead sea salts, rosemary and peppermint therapeutic grade essential oils, a soothing and clarifying rosemary scalp massage & mini facial.



*\*Want a longer treatment? You may add 30 extra minutes to your treatment package for an additional charge of \$40.00*

*\*\*Need other special arrangements, modifications, or change in the type of massage? Not a problem, contact us and we will do our best to accommodate your request!*

## Holistic Health



**Reiki (Usui & Karuna).....\$85. / h**  
.....Add Gemstone Therapy...\$25 Add Grid Work.....\$45.

Reiki (ray-key) is an ancient Japanese healing technique that has been used for centuries for stress reduction, relaxation, and healing. The aim is to balance all levels of being: physical, mental, emotional and spiritual as well as enhance the natural power of the body to balance and heal itself. Karuna is an extension of Usui Reiki and was developed by William Lee Rand.

**R&R or R&M.....\$125. / 90 m \$165. /120 m**  
A wonderful treatment that combines all the benefits of Reiki and Reflexology or Reiki and Swedish Massage!

**Personal Counseling....Initial \$125. /h...Follow up \$95. /h**  
Personal counseling is for individuals striving to reach their full potential in life. 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 .

**Shamanic Journey Session .....\$100. / h**  
Shamanic Journeying can be used to get answers for personal questions, help others, work on global issues, or learn different healing methods. It is a way to feel personally empowered, gain insight and expand your awareness. It can help you find your power animal, guides and teachers, reconnect with Spirit and your higher Self. Its purpose is to bring our lives back to a place of peace and harmony and experience our full creative potential.

**Stress Reduction.....\$75. / h**  
An Individualized stress reduction session includes assessing what your major stressors are, how your body may be manifesting signs of stress and what types of techniques would best be suited for your lifestyle, learning style and temperament.



## Massage & Spa



### Back to Basics Massage

....\$85. / 1h .....\$125./ 90 m

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

### Acupressure Massage.....\$105. / 1 h \$135. / 90 m

Combines Western massage with Eastern percussive and acupressure techniques for greater flow of blood and oxygen to designated areas. Releases tension and relaxes the body and mind, improves energy, alleviates muscle aches and pains, helpful for headaches, clearing toxins and stimulates the bodies immune system and create harmony

### Aromatherapy Massage.....\$95. / 1 h \$135. / 90 m

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

### Body Bliss Massage.....\$150. / 90 m

A head to toe treatment that takes you on a 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 esthetic analysis on skin).



### Hot Stone Massage.....\$115. /1 h \$145. / 90 m

Hot stone massage therapy promotes deep muscle relaxation through the use and placement of smooth, heated basalt stones at key points of the body. The direct heat of the stones allows the therapist to work deep into the muscle layers to melt away tension, ease muscle stiffness and increase circulation and metabolism.

### Integrative Massage.....\$125. / 1hr.....\$150./90 m

A 90 minute signature treatment that utilizes a number of different massage techniques specialty oils, and reiki healing.

### Myofascial Release Bodywork.....\$105. /60 m

.....\$125. / 75 m

A whole body approach to addressing various issues within the body. Beginning with a basic postural assessment to locate problem areas, this method seeks to release fascial barriers that create pain, discomfort. This technique utilizes Soft Tissue Mobilization, Deep Release, Arm/Leg Pulls, Lumbrosacral Decompression, Transverse Facial Planes, Cervical Release and Crani-osacral Therapy

## Massage & Spa



### Neuromuscular Deep Tissue

.....\$105./h \$140. / 90 m

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

### Oncology / Recovery Massage.....\$95./60 m

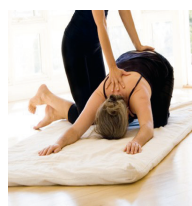
A comfort oriented massage specifically designed for individuals with or recovering from cancer, recovering from medical procedures or are at risk for lymphedema.

### Special Needs.....\$95. /1h \$140. /90 m

Specific techniques and accommodations for individuals in rehabilitation, injury related disorders, physical disabilities, special challenges, or simply the joy of pregnancy! Aids are invited to accompany your treatment session.

**\*Pregnant women must be min. 12 weeks gestation to receive massage. \*\* V.A. Community Care and Other Insurances accepted.**

### Shiatsu Bodywork.....\$85. / 1 h .....\$120./ 90 m



Shiatsu helps to loosen and relax muscles and joints, increases flexibility and range of motion, balance a person's energy flow, and strengthen the vital organs. Other benefits include: improved circulation, centers the mind and body.

### Sports Massage.....\$95. / 1 h \$130. / 90 m

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 .....Swedish \$170. /h \$250. /90 m

.....Aroma \$190. /h / \$285. /90 m

.....Body Bliss - \$300. / 90 m

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

**See our celebration packages for more time for two services!**