

TIME FOR ME DAY SPA IS NOW TIME FOR ME WELLNESS CENTER.

We are happy to announce that we will be specializing in massages, chiropractic, and fitness.

Dr. Peter Previte will be a new addition for his chiropractic care and Kelli Corasanti's, Studio 8 Fitness, is off and running with personal training, small group sessions, and now introducing cycling classes. Combining these services not only add to your health and well being, the atmosphere is a place of rejuvenation and serenity.

Our pathway to a better well being includes the partnerships of:

RANGE OF MOTION CHIROPRACTIC

Dr. Peter Previte

My goal is to provide effective, safe, and ethical healthcare to the community of CNY. Through the use of multiple chiropractic techniques coupled with a logical approach to better health, I strive to not only help those in pain but to also enhance the functional level of those seeking an improved way of life. After 12 years of private practice, I have come to realize that flexibility is above all the key to better physical health and thus include the use of yoga, strength and conditioning, and massage therapy in my treatment plans. This strategy provides the patient with the tools to maintain or regain a higher functional level, which in turn leads to an improved quality of life.

STUDIO 8 FITNESS

Kelli O'Brien Corasanti

At Studio 8, we offer fun, energizing and challenging workouts in a warm, inviting studio environment. Our certified personal trainers use cutting edge techniques to help you achieve your goals. Whether you are new to fitness, need to jump start your exercise routine, want to lose weight or improve your athletic performance, our knowledge and expertise will help you succeed. Our location inside the Time for Me Wellness Center corresponds with our belief that health and fitness are about the whole person. At Studio 8 Fitness, we care about YOU!

www.studio8fitness.com



SPA POLICIES

Appointments

When scheduling you will be asked to secure your appointment with a credit card number. We recommend you arrive a minimum of 10 minutes prior to scheduled appointment time. If you arrive late, your treatment time may be reduced, however, the charge for the service will remain the same.

Cancellations

A 24 hour cancellation notice is required for all single spa services; 48 hour cancellation is required for all scheduled package appointments. For all spa parties and bridal packages a 72 hour cancellation notice is required. No call, no show, or same day cancel may result in payment for scheduled spa services. Return check fee will be \$30.

HOURS OF OPERATION

Monday thru Friday 9am to 7pm | Saturday 9am to 5pm



THE UNIQUENESS OF TIME FOR ME IS TRULY A JOY AND HEARTWARMING EXPERIENCE.

-AMY CROFT



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WWW.TIMEFORMEDAYSPA.COM



TRULY EXPERIENCE A "TIME FOR ME" BY EMBRACING A FEELING OF COMFORT AND RELAXATION IN A TRANQUIL ATMOSPHERE.

MASSAGE

Time For Me Massage 90 minutes \$140
A perfect combination of relaxation and balance including: 30 minute tension relief scalp massage, 30 minute therapeutic massage, and a foot rejuvenation.

Customized Therapeutic Massage 30 minutes \$50
 60 minutes \$70
 90 minutes \$100
Enhance your massage experience with a customized massage that alleviates tension and stress, while stimulating circulation that promotes relaxation and detoxification. This includes hot towels on feet, hot stones on back, and a touch of aromatherapy.*

Couples Massage 30 minutes \$100
 60 minutes \$140
 90 minutes \$200
Share a side by side relaxing massage with that special person. This is a great way to introduce a partner to massage who has never had one before.

Let us know if this is a special occasion. We have something exclusive to offer our clients that are celebrating.

Deep Tissue Massage 30 minutes \$60
 60 minutes \$80
 90 minutes \$110
A "must have" massage for chronic pain or limited mobility. Deep pressure or friction is used to reduce inflammation, and restore normal movement. Consider this massage if you experience chronic pain, limited mobility, or have muscle tension or spasms.

Upper Body Hot Stone Massage 45 minutes \$65
Full Body Hot Stone Massage 75 minutes \$105

An ancient massage practice that uses heated basalt stones to comfort and relax your mind and body. The warmth of the stones relaxes the muscles to relieve tension without using deep pressure. Hot Stone massage improves circulation and calms the nervous system. Great for easing back pain, poor circulation, arthritic pain, daily stress, tension, and anxiety.

Sports Massage 30 minutes \$55
 60 minutes \$75
Massage for the athlete that helps to renew sore muscles and aids in flushing waste products out of the tissue. Great for injury prevention and enhancing athletic performance. A variety of techniques are used.

Shiatsu Massage 75 minutes \$100
This Eastern massage is performed on a floor mat while your fully clothed. Balance the 12 energy meridians that flow along your body to become centered and grounded; includes aura cleansing and chakra balancing.

Chair Massage per minute \$1
 20 minute maximum

* hot stones and hot towels are only available for the 60 or 90 minute massages

Massages are followed with a delicious treat and beverage.

MATERNITY MASSAGES

Pregnancy Massage 30 minutes \$50
 60 minutes \$70
Provides relief to your tired feet, achy joints and tense back while detoxifying your muscles and replenishing your energy.

Post Partum Massage 60 minutes \$75
Hot towels and warm stones ease tension from your muscles restoring your body's balance to where it was before your pregnancy. Great from 3 weeks to 3 years after pregnancy.

Lymph Massage 30 minutes \$55
Reduces swelling in hands and feet during pregnancy. Also aids in detoxification and boosts your immunity.

Upgrade your maternity massage while helping to prevent stretch marks with a sea salt scrub. This is followed by a stomach massage which will benefit your baby. \$10

DETOXIFYING MASSAGES

Paraffin Bath Massage 90 minutes \$105
After your 60 minute massage, your whole body is covered with a warm paraffin wax, melting away layers of tension and leaving your skin soft and hydrated.

Green Goddess Wrap 75 minutes \$110
 90 minutes \$150
Enjoy this all-natural treatment to nourish body and soul. A detoxifying sea salt scrub revitalizes dull, dry skin while a rich avocado masque deeply hydrates. A massage with lime-infused oils and hot stones eases away stress during and after the wrap.

Herbal Towel Massage 60 minutes \$80
A full body massage using warm towels infused with rosemary and lavender to melt away tension from your mind and body.

Upgrade your massage:

- Stone Face Massage one upgrade \$5
- Scrub to either Hands or Feet two upgrades \$10
- Seasonal Buttercream Lotion three upgrades \$12
- Aromatherapy
- Hot Towels

*under 18 years old must have parental consent

TREATMENTS

Tension Relief Scalp Massage 30 minutes \$45
Relax with a scalp, neck, and facial massage to release stress in the body and create balance. A variety of techniques and pressures are used.

Reflexology 40 minutes \$65
A series of deeply relaxing hand, thumb, and finger massage techniques applied to reflex points and areas in feet and hands. Reflexology can be used for common complaints, such as neck, back, hip, sciatic, and knee pain. Enhance your Reflexology session with a foot rejuvenation to complete the relaxation process.

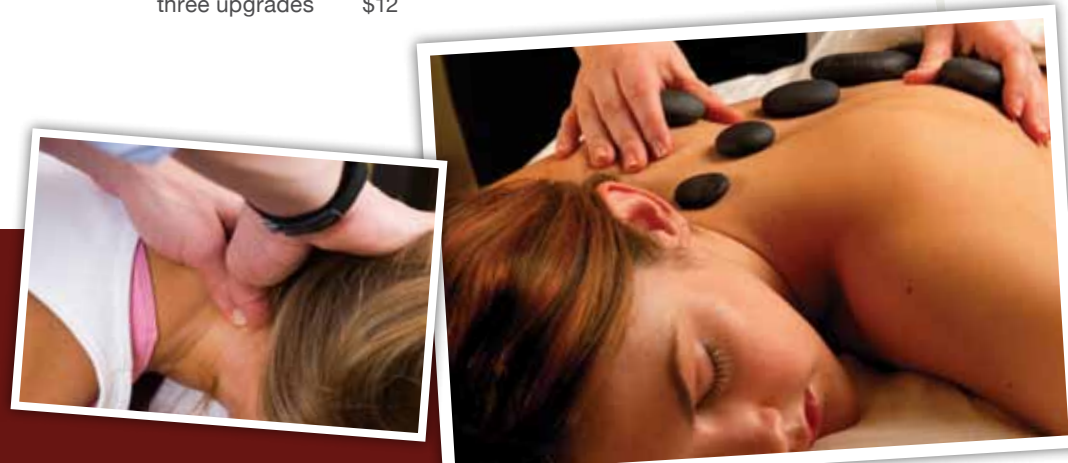
Sinus Soother 40 minutes \$65
Open sinus passageways to help drain and ease pressure and tension. Peppermint oil is massaged into your feet, hands, legs, arms, neck and face. This is accompanied with placement of hot towels infused with peppermint essential oil.

Foot Rejuvenation 30 minutes \$45
A lower leg and foot rejuvenating treatment. A peppermint and spearmint exfoliating salt scrub with a hydrating mask, followed with a warm stone massage.

Feet-So-Soft Treatment 20 minutes \$35
Restoring moisture to your feet by exfoliation, hydrating massage and a paraffin dip added for maximum hydration. A great service for a person with dry cracked feet.

Hand-So-Soft Hand Treatment 20 minutes \$35
This service will help restore the moisture in your hands by exfoliation, and an application of a hydrating seaweed mask then dipping your hands in the paraffin wax. A great service for the person with dry and cracked hands.

GRATUITIES NOT INCLUDED IN ANY SERVICES



Gift Cards Available

Group Packages Available Upon Request.

CHIROPRACTIC: DR. PETER PREVITE

Family Chiropractic services and golf injury prevention and maintenance.
 \$40 per visit