

Spa Packages

Bliss **4 hrs.** \$210
60-minute Salt Glow to smooth skin. 90-minute massage to unwind. 90-minute customized facial.

Seventh Heaven **3 hrs.** \$175
60-minute Classic Facial. 60-minute luxurious massage. 60-minute Herbal Wrap.

Relaxation Inclination **2 hrs.** \$105
60-minute massage. 60-minute Classic Facial.

Stress Less **2 hrs.** \$115
60-minute massage. Choice of Salt Glow or Herbal Wrap to unwind.

Quick Calm **75 min.** \$75
30-minute massage. 45-minute express facial.

Care Packages

Upgrades available

Five 60-minute massages	\$245
Five 30-minute massages	\$140
Ten 60-minute massages	\$460
Ten 30-minute massages	\$270
Five Classic Facials	\$255
Ten Classic Facials	\$505

Waxing

Brow	\$8
Lip	\$8
Chin	\$10
Underarms	\$15
Basic Bikini	\$25
½-leg	\$25
Full leg	\$40
Back	\$35
Arms	\$30

Pregnancy Massage

Pregnancy Massage focuses on relieving tension and strains for expectant mothers, alleviating back pain, aiding in circulation, and giving mom-to-be a much needed rest. Pregnancy Massage can be done any time during pregnancy, and uses a special pillow allowing mom to lie face down in comfort, a special treat for those in their second and third trimester.

Infant Massage

Infant Massage instruction teaches parents the ancient art of massaging their baby. It can enhance bonding and communication between parent and child. It also helps calm the baby, assists in better sleep patterns and even helps relieve colic. Private and group lessons available.

Worksite Chair Massage

Want to reward your employees for their hard work? New Day will come to your office with a special chair that allows you to sit forward while the therapist works on the head, neck, shoulders, back, arms and head. Massage breaks leave employees feeling relaxed and ready for work, and are proven to increase productivity and moral. Call for pricing or to schedule a session.

Gift Certificates

Gift certificates can be picked up, ordered over the phone or purchased online at www.newdaymassage.com. Give someone you love a one-hour vacation!

New Day also offers Couples Massage classes, Yoga and Pilates.

Benefits of Massage

- Helps relieve headaches and backaches due to muscle tension
- Increases circulation
- Helps ease the burden of stress
- Helps relieve arthritic pain
- Improves flexibility
- Calms you down, helps you think more clearly and sleep better
- Helps prevent soreness and eliminates metabolic waste from exercise
- Gives you a wonderful sense of well-being
- Promotes and maintains your health
- Helps you understand your body better

There is an incredible connection between the body and mind - Massage Therapy is a great way to listen.

Hours

By appointment
Monday – Friday 9 a.m. – 8 p.m.
Saturday 9 a.m. – 5 p.m.
Walk-ins accommodated when possible.

ArnotHealth

New Day Professional
Massage, Acupuncture and Skin Care
722 West Water Street, 2nd Floor
Elmira, NY 14905
607-271-2080

www.newdaymassage.com

Massage Therapy



*New Day
Professional Massage,
Acupuncture and Skin Care*

What happens when you get a massage?

If you haven't yet experienced massage, the idea may be a little scary. Relax! You're in good hands at New Day. Our professional staff will discuss your health concerns and determine what type of massage would be most beneficial for you. The New Day staff goes to great lengths to insure your modesty and comfort. As the massage begins, you'll feel your sense of well-being returning as the skillful hands of the massage therapist gently ease muscle tension away.

Massage therapy has been used for centuries as a natural way to relieve pain, ease stress, and rejuvenate troubled minds. Many people wait until it's too late to slow down and care for themselves.

Our professional, fully licensed staff is continually updating their education and is dedicated to providing you with the best care available.

30-Minute Massage \$30

We will concentrate on the area that needs the attention, such as back, neck, shoulders. This is good for in-depth therapy that zeroes in on specific problems.

60-Minute Massage \$51

A massage designed to lull you into a deep state of relaxation. Whether you need pain reduction or stress relief, our massage therapists will create a massage to best suit you.

75-Minute Massage \$66

When an hour just isn't enough, a 75-minute session tailored to your body's needs will leave you relaxed and rejuvenated.

90-Minute Massage \$76

Imagine an hour and a half of very smart hands easing away the stress and pain built up in your body and soul.

Couples Massage 60 min. \$102

We have rooms large enough to accommodate two massage treatments at one time. For couples, mother and daughter, or whomever you would like, this massage allows you to celebrate that special event together!

Botanical Massage 75 min. \$75

First, warmed, moist herbs are placed on the body. Then a gentle massage is given with special acupressure points that rejuvenate the face. As we remove the herbs, the skin is polished, and then an aromatic, hot oil, full-body Swedish massage is given.

Hot Stone Massage 60 min. \$70

Hot Stone massage uses polished, heated basalt stones to relax you to the depth of your bones. The stones provide deep warmth to melt away tension stored in the body.

Chair Massage 10 min. \$10

Little time but plenty tense? A fully-clothed Seated Massage targets trouble spots for the busy person.

Raindrop Technique \$55

Many types of viruses and bacteria lie dormant along the spine. Raindrop uses Vita Flex and massage in combination with highly anti-microbial essential oils that help bring the body into structural and electrical alignment. **45 minutes/add 30-min. massage for \$80.**

Herbal Wraps 60 min. \$70

Your skin is lightly massaged with special oils, and then you are cocooned with aromatic towels and blankets. You relax deeply and create incredibly smooth skin.

Salt Glow 60 min. \$70

Herbal infused sea salts and special oils are applied to your skin. The gentle rubbing helps remove dry skin and leaves your entire body polished and smooth. Aromatic lotions moisturize your skin and leave it feeling like new.

A Treat for Your Feet 30 min. \$35

The feet are soaked in a warm footbath and then scrubbed with special salts. Each foot is then massaged into a sweet relaxation that affects your entire body.

Facial Services

All skin care services are customized especially for your skin type. We use a professional European Botanical skin care line to nourish and rejuvenate your skin. All sessions include a free skin analysis and at-home care recommendations.

Express Facial 45 min. \$46

A refreshing mini-facial for the person on the go or for maintenance in between treatments, this relaxing pick-me-up is designed to suit your skin type. Includes professional exfoliation to lift dulling impurities and enhance radiance in your complexion.

Classic Facial 60 min. \$56

A must for improving any skin condition, this customized facial treatment removes dull surface cells, lifts impurities, deeply cleans pores and balances skin tone.

Teen Facial 60 min. \$56

Specifically designed to address the unpredictable conditions of teen skin, this treatment is rich in vitamins to balance skin. Includes deep pore cleansing and skin analysis. The perfect time to begin a proper at-home regimen.

Gentleman's Facial 60 min. \$56

Designed to suit the skincare needs of a man. Botanical ingredients help to relieve razor burn, dryness and irritation. Includes massage for shoulders, face, neck and chest to relieve stress and tension. A must for those who overlook their skincare needs.

Signature Facials

Antigravity Facial 75 min. \$71

A relaxing treatment to lift dry, sensitive and/or mature skin types. Includes a Spirulina firming mask to nourish skin and an AHA Fibre Mask with green tea to gently exfoliate and soften. Vitamin C is applied to stimulate collagen production and protect against free radicals.

Rainforest Facial 75 min. \$71

An excellent revitalizing facial for dull skin conditions, rich in Vitamin E and glycolipids to improve radiance, this treatment enhances oxygen delivery to the skin. Includes a moor mud mask containing essential plant and mineral extracts to strengthen and detoxify your skin.

Executive Power Fix 90 min. \$86

Suited for both men and women, this treatment contains three unique masks. One is mineral based and exfoliates as it draws out impurities. Another is used to calm and soothe the skin and the third is a collagen eye mask to address the delicate skin around the eye.

Back Facial 60 min. \$56

For that hard-to-reach area, this customized facial focuses on a smooth, silky, beautiful back. Includes back exfoliation, mask and massage. Great to help control minor breakouts, especially for those formal dresses that show the back.

Eye Treatment 30 min. \$28

An ultra-moisturizing treatment to help combat puffiness, awaken tired-looking skin and smooth fine lines. Includes a lipsome eye contouring gel with rosewater to deliver collagen to the delicate eye area. ****Add to any facial for \$15.**