

massage

Therapeutic Massage

Relax your body and mind and stimulate circulation with a light to moderately deep massage.

25 minutes \$50, 50 minutes \$80, 80 minutes \$120

Deep Tissue Massage

Release tension from deep in your muscles and tissues with a deep massage that leaves you feeling relaxed and invigorated.

25 minutes \$60, 50 minutes \$95, 80 minutes \$145

Aromatherapy Massage

Breathe in the relaxing and healing scents of custom-blended essential oils during this therapeutic massage.

25 minutes \$55, 50 minutes \$85, 80 minutes \$130

Heart of the Lotus—Omega Signature Treatment!

Pamper yourself with this luxurious full-body dry exfoliation that includes lymph-draining techniques and uses a hydrating blend of shea butter and essential oils. Relax deeply with a head, face, scalp, and foot massage as your body is wrapped in a warm cocoon.

80 minutes \$160

Back to Basics

Target muscles in the neck, shoulders, and back to release tension where it commonly accumulates.

25 minutes \$50, 50 minutes \$80

Tip Top Toe

Stimulate your body through acupressure and massage on your head, neck, shoulders, hands, and feet.

25 minutes \$50, 50 minutes \$80 Add a warm oil hair and scalp treatment for extra nourishment. 50 minutes \$90

Chair Massage

Relieve a little stress with this quick, affordable massage.

15 minutes \$25, 30 minutes \$45

Natal Massage

Alleviate aches, tension, and swelling through this pampering massage for new mothers and mothers-to-be. Not available during first trimester.

25 minutes \$50, 50 minutes \$80, 80 minutes \$120

holistic treatments

Holistic Chiropractic

Address ineffective patterns, posture, and alignment by “rebooting” the body back to its natural state of ease and wholeness through chiropractic, yoga therapy, and other bodywork methods.

30 minutes \$65

Acupuncture

Restore harmony between the body, mind, and emotions by stimulating the body’s energetic meridians to encourage the free flow of energy.

50 minutes \$90

body therapies

Craniosacral Therapy

Restore your vitality and release tension with a gentle treatment that follows the rhythmical flow of the cerebral spinal fluid, from the head to the sacrum.

50 minutes \$85

Trager®

Increase mobility and feel nurtured by gentle, supportive movements that rock your body to its own natural rhythm.

50 minutes \$95, 80 minutes \$145

Body Tuning®

Decrease pain and increase range of motion through a combination of orthopedic physical therapy, medical massage, remedial exercise, and other modalities.

25 minutes \$65, 50 minutes \$105

footwork

Footloose

Increase circulation and rest tired muscles in your feet and calves through a kneading massage and gentle stretching.

25 minutes \$50, 50 minutes \$80

Happy Feet

Renew your feet with an exfoliating foot scrub, and a hydrating massage with shea butter and essential oils, warming therapy, and a scalp and hand massage.

50 minutes \$95

Reflexology

Put your feet up and enjoy this targeted treatment that addresses the entire body through gentle massage and acupressure on the feet.

25 minutes \$60, 50 minutes \$90, 80 minutes \$140

asian bodywork

Most sessions take place on a futon mattress on the floor. Wear comfortable, loose-fitting clothing.

Shiatsu

Improve the flow of qi and support your body’s healing through gentle stretches and pressure along the body’s meridians.

25 minutes \$55, 50 minutes \$85, 80 minutes \$130

Thai Massage

Welcome a deep stretch into your body with a combination of reflexology, gentle rocking, rhythmic compression, and yoga movements.

25 minutes \$55, 50 minutes \$85, 80 minutes \$130

Amma Therapy

Release physical patterns of stress and restore the integrity of your energetic system, through this deep acupressure and massage treatment.

25 minutes \$55, 50 minutes \$85, 80 minutes \$130

Health and healing take place in your body, mind, and spirit. We offer a wide range of options designed to help you on your path to a healthy life. Pamper yourself, relax and renew, or dive deeper into your healing journey. Our caring and skilled practitioners create the perfect environment where you can find exactly what you are looking for.

Appointments are available from 9:00 a.m. to 9:00 p.m. daily.

Our reservations staff will gladly assist you in planning your stay.

Phone:

845.266.4444, ext. 580

Email:

WCReservations@eOmega.org

Main Office Reservations

Desk Hours:

Monday–Thursday &

Saturday: 8:00 a.m.–5:00 p.m.

Friday & Sunday: 2:00

p.m.–9:00 p.m.

Please arrive 5 to 10 minutes before your scheduled appointment. We are unable to make up for lost time if you arrive late.

Please check your itinerary for the exact location of your service.



energy work

Energy Balancing

Release and redirect stagnant energy by balancing the network of energy that courses through the body and accelerate healing on all levels of your being.

25 minutes \$55, 50 minutes \$85

Polarity Therapy

Bring your internal energy into a state of balance by directing it along energetic currents in the body.

25 minutes \$45, 50 minutes \$75, 80 minutes \$110

Reiki

Discover a deep state of tranquility and healing as your energy is guided, through gentle touch, to release stress on all levels.

25 minutes \$45, 50 minutes \$75, 80 minutes \$110

skin care

Facials

The Classic

Cleanse and restore your skin, melt away stress, and reduce tension with this European facial that includes a face, neck, and shoulder massage.

50 minutes \$90

Saving Face

Rejuvenate, refine, and lift fatigued skin and lackluster complexions through a healing antioxidant vitamin C serum and mask, and head, neck, and shoulder massage.

50 minutes \$110

Perfect Pumpkin Peel

Repair and renew skin while decongesting and minimizing pores using a 100% natural fruit acid formula that promotes healthy, vibrant skin.

50 minutes \$110

You Glow Girl

Reveal a younger looking face with this mild glycolic blend that penetrates through the skin's surface and removes layers of dull, damaged skin, stimulating cell regeneration.

50 minutes \$120

Diamonds Are A Girls Best Friend

Microdermabrasion with Diamond Tome™ Bring out your natural sparkle through this gentle resurfacing technique that results in supple, vibrant skin with a healthier, firmer appearance. Includes a mini European facial.

50 minutes \$140

Ancient Adornments

Henna (Mehndi) Body Art

Celebrate your body with a temporary henna tattoo, a reverent expression of your beauty and spirit.

10–15 minutes \$30, 20–30 minutes \$60, 35–45 minutes \$90, 50–60 minutes \$120

soul focus

Handwriting Analysis

Discover a picture of your unique self, beyond your personality, through analysis of your handwriting.

50 minutes \$90

Intuitive Guidance

Reestablish a connection to your deeper self and retrieve wisdom for your path toward a full, rich, joyous life.

50 minutes \$90

Bach Flower Essence Consultation

Release negativity and free yourself from stress with the vibrational healing medicine of a Bach Flower Essence created especially for you.

50 minutes \$90, 80 minutes \$130

Astrological Consultation

Identify your gifts, strengths, and challenges by finding your unique strengths identified by your birth chart. Please provide the date, time, and city of your birth 24 hours before your appointment.

50 minutes \$90, 80 minutes \$130

Tarot Reading

Reflect on your life and connect to the collective unconscious to gather insights into your past, present, and future.

25 minutes \$50, 50 minutes \$90, 80 minutes \$130

Shamanic Healing

Rediscover the interconnectedness of all things, access a deeper awareness, and investigate your healing with techniques like journeying and soul retrieval.

80 minutes \$135

wellness sessions

Rubinfeld Synergy® Method

Open the gateways of awareness with this powerful system of body-centered psychotherapy and education that uses gentle touch, verbal dialogue, movement, humor, and intuition.

60 minutes \$90

Life Coaching

Design the life you want with a personal coach to assist you in indentifying goals and creating a plan to reach them, including helping you integrate your workshop back into your life.

50 minutes \$90, 80 minutes \$130

Health Consultations

Become an integral part of your own health and nutrition with a customized, manageable health regimen you can take home with you. A focused consultation answers specific questions about diet, lifestyle, or emotional health. 50 minutes \$140 A comprehensive visit addresses your story in greater detail.

80 minutes \$210

Yoga One-on-One

Take your yoga practice to the next level with a private session personalized to your body and your needs.

50 minutes \$80, 80 minutes \$120

Tai Chi or Qigong One-on-One

Calm and stabilize your body, mind, and emotions with a private tai chi or qigong session designed to move energy and strengthen the body.

50 minutes \$80, 80 minutes \$120

Payment & Cancellation Policy

A major credit card must be provided at time of booking in order to guarantee an appointment. We accept cash or check at time of service. We require a 24-hour notice before the scheduled appointment time to facilitate any change or cancellation, or to issue a refund. Refunds are not provided for appointments that are changed or cancelled with less than a 24-hour notice or for any missed appointments. If an appointment is canceled more than 24-hours in advance, a full refund is provided.

Some services are also available to children and teens.

Visit eOmega.org
for complete
descriptions of
Wellness Center
services.