

"Feel Good, Do Good"
at our Oasis of Comfort and Care



THERAPEUTIC MASSAGE · HOT STONE MASSAGE · AROMATHERAPY
MASSAGE · REFLEXOLOGY FOOT MASSAGE · SIGNATURE GRAPE
SESSIONS · GRAPE BODY WRAPS & SCRUBS · GRAPE PEEL MANICURES
& PEDICURES · BELLA LUCCE SEASONAL SESSIONS · PEVONIA FACIALS
SPA MANICURES & PEDICURES · EARCANDLING · PARAFFIN WAXING



Group Parties Welcome!
Gift Certificates Available
Lovely Gift Shop
Seasonal Lodging



7531 COUNTY RT. 13, BATH, NY 14810
607-776-3737 • *www.FingerLakesWellness.com*

SPA PACKAGES



Our spa packages are designed with your well-being in mind and presented with options to fit your schedule. Choose from our wine country specials to complement your Finger Lakes experience.

RIESLING REJUVENATION

Stimulate the senses with our ultimate vineyard experience! Choose three sessions from the following selections and feel totally rejuvenated.

- Grapeseed body polish (1 hour)
- Grapeseed herbal wrap (1 hour)
- Therapeutic massage (1 hour)
- Facial (1 hour)
- Spa manicure (45 minutes)
- Spa pedicure (60 minutes)

Enjoy our complimentary lunch as you lounge in our comfy spa robe and slippers.

A grapeseed gift package completes this wonderful experience.

Plan 4 hours. Regular Price: \$250/person
Special! \$235/person

CABERNET CRUSH

Enjoy the sensation of grapeseed products during your spa experience. Lounge around in a comfy spa robe and experience increased wellness!

- Therapeutic massage (1 hour)

Choose two sessions from the following selections:

- Manicure (30 minutes)
- Pedicure (30 minutes)
- Grapeseed back polish (30 minutes)
- Facial (30 minutes)

Between sessions enjoy tea and a snack.

Take home a lovely gift of grapeseed products. Plan 3 hours.

Regular price: \$190/person
Special! \$175/person

SAUVIGNON SPECIAL

Enjoy a sampler of our sessions in wine country style! Choose from any three sessions from the following selections:

- Therapeutic massage (30 minutes)
- Grapeseed back polish (30 minutes)
- Manicure (30 minutes)
- Pedicure (30 minutes)
- Facial (30 minutes)

This package includes a selection of our lovely grapeseed products to continue your spa experience at home.

Plan 2 hours. Regular price: \$150/person
Special! \$135/person

PERSONAL PACKAGES

Create your own personalized package of three or more services and receive 10% off the total bill. No refunds given for customized packages.

(Add lunch to any package: \$12)

These packages include lodging at Hickory Hill Family Camping Resort plus the special activities. Check out www.HickoryHillCampResort.com for pictures & details of the lodging.

JUST THE TWO OF YOU

Come relax and experience the beauty of *Hickory Hill Family Camping Resort* and *The Finger Lakes Wellness Center & Health Spa*. This package includes your two night accommodations in our rustic cabin, a Two by Two Massage in our fireplace room, a \$20 gift certificate for dinner and a Welcome Basket with a local bottle of wine.

\$347.00/cabin double occupancy.

\$442.00/cottage

FAMILY FUN IN THE SUN

Take a mid week break to come enjoy *Hickory Hill Family Camping Resort*. This package is good for a Sunday –Thursday stay and includes 4 nights accommodations in one of our cottages, tickets to the Corning Museum of Glass, 2 rounds of mini-golf per person and a \$20 gift certificate for the group at Sorges in Corning.

\$448.00/cottage, based on a family of four

Add a 30 minute massage for just \$36.00 more.

OFF THE VINE

Surround yourself with the abundance of grapes and beauty with this package. Stay two nights in one of our rustic cabins, enjoy wine tasting at three local wineries (Heron Hill, Bully Hill and Dr. Franks) and experience the true Vineyard Experience with grape seed body polish and herbal body wrap sessions at the *Finger Lakes Wellness Center & Health Spa*.

\$354/cabin based on double occupancy.

\$450/cottage.

JUST THE GUYS

Ahh...a weekend without the girls! Come “rough it” at *Hickory Hill Family Camping Resort*, take pleasure in four hours of fishing on Keuka Lake (NY State Fishing License Required) chartered by Bobber’s Fishing Excursions or play a full 18 holes of golf at Bath Country Club, enjoy a \$20 gift certificate for the group at the Sports Station for dinner and benefit from a half hour massage each from the *Finger Lakes Wellness Center & Heath Spa*.

\$446.00/water & electric site,

based on a party of four

\$450.00/water, electric & sewer site,

based on a party of four

\$531.00/rustic cabin,

based on a party of four

\$625.00/cottage

GIRLS WEEKEND OUT

De-stress yourself by leaving the guys home and staying at *Hickory Hill Family Camping Resort* with the girls. Take time out for “You” this weekend by getting a half hour massage, a half hour facial and a natural manicure at the *Finger Lakes Wellness Center & Health Spa*, enjoy a \$20 gift certificate for dinner for the group at the Village Tavern and a Welcome Basket with a local bottle of wine.

\$446.00/water & electric site,

based on a party of four

\$450.00/water, electric & sewer site,

based on a party of four

\$531.00/rustic cabin,

based on a party of four

\$625.00/cottage

STAY & SPA PACKAGES



GRAPE SESSIONS Discover the magic of grapes! The anti-oxidant properties of grapes penetrate through your skin in our body wraps, massages, facials, and nail sessions. Grapes contain high concentrations of zinc, iron and calcium that help to nourish dry skin and regenerate cells.

GRAPE PEEL MANICURE

See page 7.

45 minutes - \$45.00

GRAPE PEEL PEDICURE

This ultimate pedicure begins with a relaxing foot soak in a bubbling Champagne bath. Followed by our grape pedi-peel mask and grapeseed oil to deeply hydrate and exfoliate even the toughest calluses. Cuticle care and nail polish will leave you feeling refreshed and glowing with the grapes!

60 minutes - \$60.00

GRAPE SEED HAND AND FOOT REFLEXOLOGY

A warm grape seed exfoliant is applied to your feet and hands, lifting the dead cells and moisturizing the skin with vitamin E and C. Reflex points corresponding to organs and parts of the body are massaged using grape seed body butters. Very beneficial when touch to an injured or stressed area of the body is painful. Wear loose clothing.

60 minutes - \$70.00

AROMATHERAPY DETOX MASSAGE

Oil extracted from grape seeds is blended with Young Living's quality line of essential oils with a focus on backs and legs. This treatment facilitates reflex points, eliminates toxins, strengthens the immune system and helps energize your body and spirit.

60 minutes - \$75.00

GRAPE SEED BODY POLISH

Relax as warm grape seed/rosemary polish is applied to the skin, lifting dead cells and leaving the skin smooth and silky. This treatment has high levels of vitamin E and C from the grape seeds which helps to regenerate and moisturize the skin. A light massage with aromatic grape seed oil completes this experience.

75 minutes. - \$90.00

GRAPE SEED HERBAL BODY WRAP

A therapeutic blend of red wine grape seeds, French clay, and lavender oil draws out muscular and joint aches while detoxifying your system. While wrapped, enjoy a relaxing scalp, face and foot massage. The mud is then removed with a gentle exfoliation followed by the application of grape seed lotion to moisturize your skin. This purifying and relaxing treatment helps to improve the texture of the skin.

75 minutes. - \$90.00

BELLA LUCCE SEASONAL BODY SCRUBS

Enjoy a full body scrub and massage with our exquisite Bella Lucce skin care products. Themed to the season: Gingerbread, Pumpkin, Citrus, Chocolate and more! This session leaves your body feeling tantalizing and radiating with good health. Kick it up a notch with this delightful session!

75 minutes. - \$90.00



FINGER LAKES MASSAGE

Our full-body massage is a continual favorite. Therapists adapt their eclectic massage techniques for your needs to help increase circulation, relieve muscle tension and promote relaxation.

30 minutes - \$40.00

45 minutes - \$55.00

60 minutes - \$70.00

90 minutes - \$95.00

GRAPE SEED HAND AND FOOT REFLEXOLOGY

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60 minutes - \$75.00

HOT STONE MASSAGE

Imagine yourself adrift on a sea of luxurious warmth with your stresses floating away. The use of heated stones combined with massage techniques penetrates deep into the muscles and joints, allowing the ultimate in relaxation.

75 minutes - \$85.00

TWO-BY-TWO MASSAGE

Perfect for couples or friends who want massage treatments side-by-side. Two therapists and two tables are used during these sessions. The ambience of our fireplace Keuka Lake room is exquisitely beautiful and relaxing.

60 minutes massage plus 15 minutes relaxation - \$150.00

MATERNITY MASSAGE

Reclaim your body for an hour! This soothing massage is structured to allow total comfort for the mother-to-be. Swedish massage techniques are used as you rest comfortably with pillows for extra support. Essential oil of lavender is used to relieve cramping and improve circulation. (It is not recommended to have a massage in your first trimester.)

30 minutes - \$40.00

60 minutes - \$70.00



“PEVONIA BOTANICA” PRODUCTS: Our full line of skin care products contain natural ingredients incorporated with the latest skin technology. The results are remarkable and highly visible.

FINGER LAKES FACIAL

Our signature facial is tailored to meet your specific skin type. Whether your skin is dry or oily, clear or blemished, our blended products deep clean, exfoliate and tone. Leaves the skin cleaner, healthier, and radiant.

30 minutes - \$40.00

60 minutes - \$70.00

BACK FACIAL

This session gives intensive attention to the back. Includes deep cleaning, exfoliating and moisturizing with specially blended products. Perfect for teens, sports enthusiasts or anyone with problem skin on their back.

60 minutes - \$70.00

GENTLEMAN'S FACIAL

Daily shaving causes extra “wear and tear” on a gentleman’s face. This facial rejuvenates the face, along with providing pointers on skin cleansing and moisturizing.

30 minutes - \$40.00

60 minutes - \$70.00

ACNE FACIAL

Our holistic approach to acne includes cleansing, exfoliating and moisturizing to clear spots and blemishes. Minimizes the oily shine and redness of acne. Thorough skin analysis performed and proper home maintenance discussed.

60 minutes - \$70.00

SENSITIVE SKIN FACIAL

This treatment utilizes a natural propolis concentrate especially designed to soothe, heal and calm redness and irritation. Gentle, hydrating techniques balance, cool and protect the skin.

60 minutes - \$75.00

COUNTER-AGING FACIAL

Give your skin the gift of youth and renewed radiance with our unique, pure botanical treatments. Choose a treatment to improve wrinkles, fine lines, elasticity, enlarged pores or hyper-pigmentation (brown spots). This specialized treatment produces visible results.

60 minutes - \$80.00

ROSACEA FACIAL

Treat your skin to all the proven benefits that green tea, French rose and licorice have to offer. These highly concentrated ingredients provide calming and healing effects on micro-circulation problems. Rosacea symptoms are effectively minimized.

60 minutes - \$85.00

PEVONIA EYE TREATMENT

Reax your tired eyes with use of these special products and warm eye pillow.

\$10.00

FACIAL SERVICES



MANICURES

NATURAL MANICURE

Includes a gentle exfoliation, cuticle care, shaping of nails and moisturizing. A base coat of polish is applied, followed by your choice of color and top protector.

30 minutes - \$20.00

Child's Special 12 and under - \$15.00

SPA MANICURE

This "facial" for the hands uses vitamin and protein rich products combined with professional hand massage and paraffin dip pedicures. Your hands will look and feel smooth, revitalized and youthful.

45 minutes - \$35.00

GRAPE-PEEL MANICURE

This ultimate manicure begins with a rosemary/grape exfoliation, followed by a hand soak in a Champagne bath. Our grape peel masque and grapeseed oil deeply hydrates the toughest calluses and dry skin. Cuticle care and nail polish will leave you feeling refreshed and glowing with the essence of the grapes!

45 minutes - \$45.00

PEDICURES

NATURAL PEDICURE

Begin with a soak in our relaxing whirlpool chair followed by exfoliation, nail trimming and shaping, cuticle removal and callus buffing. A foot and leg massage revitalizes tired feet adding energy to every step.

45 minutes - \$40.00

Child's Special 12 and under - \$35.00

SPA PEDICURE

The ultimate treatment for tired and achy feet includes all the elements of the Natural Pedicure, plus a soothing botanical masque or a warm paraffin wax to soften the feet. Leaves feet soft, well groomed and feeling healthy.

60 minutes - \$55.00

GRAPE PEEL PEDICURE

This deluxe pedicure begins with a relaxing foot soak in a bubbling Champagne bath. Followed by our grape pedi-peel masque and grapeseed oil to deeply hydrate and exfoliate even the toughest calluses. Nail trimming, cuticle care and nail polish leave you feeling refreshed and glowing with the essence of grapes!

60 minutes - \$60.00

HOT STONE PEDICURE

Just when you thought foot care couldn't get any better! Our hot stone pedicure includes the basics of the natural pedicure plus the therapist uses hot stones to massage your achy muscles, increase circulation, and provide the ultimate in relaxation. Plan to sit back and enjoy!

60 minutes - \$60.00

SPECIALTY FOOT CARE is offered by our Master Pedicurist & Esthetician Deb Sanford. Featuring Footlogix Pediceutical products.

MEDI-PEDICURE

This session includes a comprehensive foot evaluation with respect to arch assessment, skin and nail conditions and restorative foot care. Appropriate for individuals with challenging foot issues as a result of diabetes, fungus, or in-grown toe nails.

60 minutes - \$65.00

INGROWN TOE NAIL BRACE SYSTEM

This is a non-invasive method that trains the involuted nail to grow properly. Nail polish can be applied directly after application of the appliance.

\$10.00/toe

DIABETIC FOOT CARE

60 minutes - \$65.00

NAIL CARE



OTHER SERVICES

PARAFFIN DIP FOR HANDS OR FEET

Heat of the warm paraffin opens pores of the skin allowing our grape seed body butters to deeply penetrate and soften the skin. Especially beneficial for stiff and achy hands or feet.

15 minutes per hand or foot - \$15.00

WAXING

Lip - \$10.00

Brow - \$12.00

Chin - \$10.00

EAR CANDLING

Alleviate the pain and pressure associated with ear aches, sinusitis, swimmer's ear, allergies, ear infections and hearing difficulties with this natural, holistic treatment. A wax cylinder is gently placed in the ear and lit at the opposite end to create a vacuum. With no discomfort, old ear wax is softened, helping to relieve pressure, wax build up and pain.

30 minutes, 2 candles - \$35.00

Additional candles - \$15.00/each

SPA PARTIES

The Finger Lakes Wellness Center and Health Spa is the perfect place to celebrate a Wedding, Anniversary, Birthday or other special occasion. Looking for a special way to spend time with your co-workers? We are able to accommodate 10-15 guests for a 2-3 hour event. Bring the girls and/or the guys.

Choose from the following menu items:

- Natural Manicure
- Natural Pedicure
- Therapeutic Massage
- Grapeseed Back Polish
- Finger Lakes Facial
- Ear Candling
- Hand or Feet Reflexology

Each session is

30 minutes - \$40.00

Book total of 10 or more sessions and receive 10% off.

Add refreshments and spa gift: \$12.00/person.



*The therapy services are offered on-site at the **Finger Lakes Wellness Center and Health Spa**. Call for appointment schedule.*

COUNSELING

Stepanie Craig, LCSW-R, is a licensed Social Worker who provides individuals, couples and families with counseling services. She is certified as a Cognitive Behavioral and Play Therapist. In addition, she teaches full time in the Social Work Program at Keuka College. Specializing with children and young adults with mental health issues such as depression, autism, attention deficits and anxiety disorders. Sessions covered by most insurance companies. Session length and prices to be arranged.

MANUAL THERAPY

Janet Opila-Lehman, OTR, LMT, LLCC is a licensed Occupational, Massage and Lymphedema Therapist. She is the founder and owner of the **Finger Lakes Wellness Center and Health Spa**. Her Manual Therapy services are a magical blend of many treatment techniques including Craniosacral Therapy, Lymph Drainage, Myofascial Release Therapy, Neurodevelopmental Therapy and Visceral Manipulation. Sessions may be covered by insurance. Limited appointments available.

30 minutes \$45.00 • 45 minutes - \$65.00 • 60 minutes - \$85.00

She is also the founder of Wellness G.I.F.T.S. ("Giving Inspiration For The Soul"), the non-profit sister organization of the Wellness Center. This program provides retreats for families with children with special needs.

GIFT CERTIFICATES

Gift certificates are a wonderful way to treat a friend, family member or loved one! We offer gift certificates in any denomination for services or products.

Gift certificates can be purchased:

- Reception Desk
- By Phone: 607-776-3737
- By Fax: 607-776-7390
- Email@FingerLakesWellness.com



The following services are wonderful additions to a wellness or rehabilitation program. We are able to connect you with local therapists who can provide these therapies.

CONSULTATION SERVICES

ACUPRESSURE / ACUPUNCTURE

Acupressure uses light hands-on techniques. Acupuncture uses feather-like needles to facilitate or inhibit the energy or chi of the body. The goal is to restore the natural balance and rhythms of the body for optimal health.

CRANIOSACRAL THERAPY

Light hands-on techniques used to alleviate unevenness in the structure and function of the craniosacral system: the brain, spinal cord and connecting membranes. Very gentle and often used to treat chronic pain and headaches.

LYMPH DRAINAGE THERAPY / LYMPHEDEMA

Complete decongestive manual therapy and bandaging for lymphedema issues. Lymph massage also beneficial for other edemas, depressed immune systems and detoxification.

MYOFASCIAL RELEASE THERAPY

Frees the body from the grip of tight fascia or connective tissues, thus restoring normal alignment and function and decreasing pain. Mild, sustained pressure is used to gently stretch restrictions.

REIKI

This ancient art of touch therapy originated thousands of years ago by Tibetan monks for healing and self-improvement. The gentle hands-on techniques aid the body in releasing tension and stress.

TAI CHI / QI GONG

The gentle exercises/activities of these ancient arts are a remarkable way to attain flexibility, balance and peacefulness. Dedicated practice of these techniques leads to good health and wellness.

YOGA

Yoga is a combination of breathing, stretching and meditation activities. A wonderful way to relax your mind, body and spirit. Skills that you can learn in a week and use for a lifetime.



Please arrive at least 15 minutes prior to your visit so that you have time to change, relax and enjoy some quiet time in our living room and complete a personal profile. We will try to accommodate you if you happen to run late, but can not promise your full service time. Please note that hours of operation, services and prices are subject to change without notice.

ETIQUETTE

Upon arriving at **The Finger Lakes Wellness Center and Health Spa**, you will be checked in and directed to our café or living room. Robes and towels will be provided for those services requiring clothing changes. For the consideration of our guests, cell phones, pagers or other electronic devices are not permitted in the Wellness Center. We ask that you respect our quiet areas while others are enjoying their services.

CHILDREN

We love children, however, in an effort to ensure a relaxing environment, no children are allowed in the Wellness Center unless they have a scheduled service.

MEDICAL CONSIDERATIONS/SPECIAL NEEDS

Please inform our staff when scheduling any services if you have medical concerns or special needs. Individuals who will be arriving in wheelchairs are welcome to park behind the Activity Hall and follow the paved sidewalk to our reception office.

APPOINTMENT POLICY

A credit card is required to reserve your preferred appointment date and time.

CANCELLATIONS/ RESCHEDULING

We kindly ask that you give us 24 hours notice for a single service and 48 hours for multiple services or packages. No shows and less than 24 hour cancellation will be billed 50% for the service(s) reserved. If the service time can be filled, you will not be billed.

PAYMENT

Payment is made at the end of your visit at the reception desk. We accept cash, checks and Visa, Master Card and Discover. Pre-paying is an option if you are treating a guest or friend.

FREQUENT USER CARDS

Come back again and again to the **Finger Lakes Wellness Center and Health Spa** to gain the benefits of our wellness services. Total what you have paid for 5 visits, divide by 5 and apply that amount to your 6th visit for free!

FINGER LAKES WELLNESS CENTER & HEALTH SPA

7531 COUNTY ROUTE 13, BATH, NY 14810

Directions: From Rt. 17/I-86 take Exit 38 to Rt. 54 North for 1 mile.

At fork in road, stay left and follow out for two miles. Large white home on left.



*“Feel Good, Do Good”
at our Oasis of Comfort and Care*



WELLNESS G.I.F.T.S.

Our non-profit sister organization “Gives Inspiration For The Soul” to individuals with disabilities. Your support of the **Finger Lakes Wellness Center and Health Spa** helps provide the same services to our guests with special needs.

www.GiftsRetreats.com



LOCATION

- 7531 County Route 13, Bath, NY 14810
- Comfortable proximity to Rochester, Elmira, Corning, Binghamton, Buffalo, Ithaca, Syracuse, Auburn and Watkins Glen & Finger Lakes Wineries.
- Nestled on 215 acres of natural beauty at **Hickory Hill Family Camping Resort.**
www.HickoryHillCampResort.com
- Seasonal Lodging Available

DIRECTIONS

Follow Route 17/86 to Exit 38, the Bath/Hammondsport exit. Take Route 54 north for 1 mile through town. At the fork in the road, stay left and follow for two miles. The **Finger Lakes Wellness Center and Health Spa** is just past the entrance to **Hickory Hill Family Camping Resort.**

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