

WELLNESS SERVICES



HOURS OF OPERATION

Monday – Friday

10 a. m. – 8 p.m.

Saturdays

Noon – 5 p.m.

Hours subject to change during summer, school holidays, intercessions and special events.

REGISTRATION

- All services must be scheduled in the Wellness Services Suite. Clients will be issued a voucher that must be taken to and paid for at the Front Desk in the East Gym Lobby.
- Services must be paid for at the time of scheduling. Return clients may schedule and pay for services with a credit card on file with Campus Recreation.
- Appointments scheduled that are not paid for by the end of the same business day will automatically be canceled.
- Appointments are subject to availability. If you prefer a specific therapist or have a gender preference, please make that known at the time of scheduling.
- Gift certificates are available for purchase at the Front Desk in the East Gym Lobby.
- Services are provided to clients 18 years of age or older.

WELLNESS SERVICES — PROMOTING RELAXATION, REJUVENATION AND PERSONAL FOCUS

Each day brings physical, mental and emotional challenges. In the midst of daily chaos, a shift in focus can help restore our energy, spirit and balance. Spending time on yourself, even a short time, can have a profound impact. Let our staff assist you in reaching a place of relaxation, heightening energy or meeting a personal wellness goal.

*“When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied.”
Herophilus, Greek physician (335-280 BC)*



YOUR WELLNESS EXPERIENCE

- If you are a first-time client, please arrive 15 minutes prior to the start of your appointment to complete consultation paperwork. If you arrive late, your treatment time will be reduced but you will be charged for the full service.
- Your medical history can be a determining factor in the types of services we can provide. Therapists will review and discuss your concerns prior to treatment.
- To preserve the restfulness of the environment, please silence your cell phone and be aware of your noise level while in the Wellness Suite area.
- All massage rooms have lockers for personal belongings. We will provide robes and towels for use in the locker rooms upon request. We do not provide toiletries.
- Gratuities are not included in your service price. They are left to the discretion of clients to show appreciation for exceptional service. We do ask that gratuities be paid in cash at the time of service.





Our services are uniquely tailored to each client. You will be able to select your preferred background music from our vast collection and a subtle, diffused environmental aroma, if desired. All services include hot towels. Complimentary fruit-infused water and assorted hot teas are available before or after services.

All of our professionals are NYS-licensed.

Some of our therapists have completed training in specialized modalities. Additional services provided by our therapists include the following treatments. Please keep in mind that some treatments can only be performed by certain staff; therefore, scheduling these services depends on their availability. Our receptionists will help you determine service availability.

Thai Massage – A unique physical and energetic massage experience, on the floor and fully clothed. Thai massage incorporates the benefits of yoga, gentle rhythmic compression, palming and thumbing along the energy (sen) lines, stretching and breathing work to bring you to a heightened state of relaxation, range of motion and energy.

60 minutes: \$65

90 minutes: \$100

Hot Stone – Using traditional Swedish techniques, heated basalt stones or Himalayan salt crystal stones are used to warm muscle tissue and provide for a deeper state of relaxation. Salt crystals can also help to ground and balance the body's electromagnetic field. Indicate at booking which stones (basalt or Himalayan) you prefer.

90 minutes: \$100

ENERGY WORK TREATMENTS

Reiki is a Japanese technique for stress reduction and relaxation that also promotes natural energy healing. Administered by “laying on hands” on or near the body, it helps restore healthy levels of life force energy. Treatment is administered while you are fully clothed and in a relaxed position.

Meridian massage is an ancient Chinese technique that helps balance the body's systems and restores the flow of Chi (energy). Meridian lines are invisible lines that carry energy throughout the body and can be associated with the functioning of the body's internal organs. Accupressure points are stimulated to increase energy and feelings of well-being. Reduce stress and stimulate the immune system. Indicate at booking which service (Reiki or Meridian) you are interested in.

60 minutes: \$65

MASSAGE SERVICES

Relaxation – A gentle, full-body massage using Swedish techniques to calm both the mind and body. Ideal for reducing stress, increasing circulation and cultivating an overall state of well-being.

Customized Therapy – A truly personalized experience. Therapists will use various massage techniques and integrated modalities to provide for both relaxation and to address trigger points or muscle imbalances.

30 minutes: \$30 60 minutes: \$60 90 minutes: \$85

Deep Tissue – Using penetrating pressure and deeper strokes, a deep-tissue massage relieves muscular tension, breaks up adhesions, tones nerves and increases blood flow to the muscle tissue, helping muscle repair and rejuvenation.

Sports – A pre- or post-workout massage to aid in flexibility and recovery incorporating firm pressure and/or fast-paced movements to target aching or cramped muscles, release connective tissues or to flush out toxins.

30 minutes: \$40 60 minutes: \$65 90 minutes: \$90

Express – Lots of healing in a short amount of time. Choose a 30-minute massage focused on either head, neck and shoulders, or hands, feet and lower legs.

30 minutes: \$30

Chair Massage – Receive a massage fully clothed, in a seated position. Great for those on the go.

10 minutes: \$10 15 minutes: \$15



Current Binghamton University students receive a 10% discount on all services.

NUTRITIONAL SERVICES

Nutrition Check-Up (3 visits) – This is a great package for those who are otherwise healthy but not sure what they could be doing better to meet their nutritional demands or weight management goals. Three visits include a 1-hour nutrition history, body composition evaluation and nutritional goal development, plus two 30-minute appointments covering body composition check-ups, plan reviews and updates **\$120**

Special Diet Session (1 visit) – Have you recently been diagnosed with a medical condition or been advised to start a special diet? This session is for anyone trying to develop a healthy eating plan to meet medical and dietary restrictions. Medical/dietary conditions must be diagnosed by a physician and stated at the time of booking..... **\$65**

Nutrition Tracker (10 visits) – Are you interested in a long-term intervention strategy? This package provides for 10 visits over an agreed-upon period, at a discounted price. Ten visits include a 1-hour nutrition history, body composition evaluation and nutritional goal development, and nine 30-minute appointments covering body composition check-ups, plan reviews and updates..... **\$295**

Follow-Up Visit (1 visit) – This session is only available to clients that have had a previous nutritional session at the Wellness Services Suite. The follow-up can be done at any time after the initial session. Check in on your progress, discuss a new concern or goal and develop a continuing strategy for nutritional success **\$35**

Nutritional Services are provided by a licensed Registered Dietician.



AFTER REGISTRATION

Cancellations – We respectfully request 24 hours' notification of a cancellation so appointments can be made available to other clients and staff can be notified. In instances of no call-no show, or same day cancellations/re-scheduling, we will charge the equivalent of 50% of the services booked. *Balances already paid can be applied to a new appointment. No refunds will be issued.*

Late arrivals – We are unable to lengthen or change appointment times. If you arrive late, your service may be shortened. Late arrivals will be charged for the full amount of the service booked, regardless of length provided.

Expiration – All gift certificates and paid appointments expire 1 year from the date of purchase.

Refunds – There are no refunds on services unless a client has a written medical excuse.

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