

# Wellness Spa Benefits

Evidence-based research & clinical studies have shown that massage therapy is beneficial for more than relaxation.

-  **Reduce Stress & anxiety**
-  **Increase joint mobility & range of motion**
-  **Improve circulation & heart health**
-  **Promote healing after injury**
-  **Manage chronic pain & reduce muscle tension**
-  **Enhance exercise performance**
-  **Relieve tension headaches & migraines**
-  **Improve sleep**

The medicinal benefits of therapeutic massage and energy body-work can have a positive, lasting impact on your health and lifestyle - mind, body & soul.

## Meet our Licensed Massage Therapists!



**Krystal Sallaz**  
Krystal graduated from the Ohio College of Massotherapy and has been practicing massage since 2008. Since then she has been fine-tuning her skills mostly in spa settings. Along with Swedish, deep tissue, and pregnancy massage, Krystal has received special training for hot stone and bamboo massage, manual lymphatic drainage, reflexology, and cupping techniques. When Krystal isn't helping others through her practice she enjoys spending time with her family and friends, or just at home with a good book or movie.



**Tiffany Swidas**  
Tiffany has been a Licensed Massage Therapist since 2014 graduating from Northcoast Medical Training Academy in Kent, Ohio. She has performed many massages throughout the years and has a strong passion for massage, helping others, and strives to provide an individualized healing touch. Recently she worked as a Clinic Instructor where she endeavored to transform the students into successful Massage Therapists. Tiffany specializes in Swedish, Hot stone, Prenatal and Deep tissue massage, Columbian Wood Therapy and post-op lymphatic drainage.



**Elizabeth Richardson**  
Elizabeth Richardson, graduated from North Coast Medical Training in Kent Ohio and has been a licensed masseuse since 2020. She is certified in a number of different techniques including deep tissue, Swedish, pregnancy, cupping, TMJ and Reiki 1. When not working her therapeutic magic Elizabeth enjoys hiking and the sights and sounds she comes across. She has two wonderful children Jude and Sadie.



**Angela Abbuhl**  
Angela graduated from Northcoast Medical Training Academy in 2018. Her area of specialization is therapeutic deep tissue massage. She is also a licensed practical nurse, graduated in 2009 from Brown Mackie. Angela loves helping people.

Wellness Spa services are also available for group & corporate chair massage events!



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330.325.6102  
www.sequoia-wellness.com/neomed



# SEQUOIA WELLNESS

# WELLNESS SPA

## For your physical & emotional wellness.

# Service Fees

## Massage

### Swedish Massage

The Swedish massage is the most well-known and practiced forms of bodywork. This type of massage relaxes the entire body, decreases muscle toxins, and improves circulation and flexibility while easing tension.

### Deep Tissue Massage

Similar to the Swedish massages, a deep tissue focuses on alleviating chronic muscle tension by penetrating deepest layers of muscle, tendons, and fascia.

### Prenatal Massage

Relieve the discomforts of pregnancy reducing stress on the joints and improving circulation of blood and lymph. Ease the tension in your nervous system to achieve better sleep and reduced anxiety.

### Sports Massage

Based on the sport, our massage therapists can implement techniques that target specific athlete needs. The focus is on areas of the body that are stressed from repetitive and aggressive movements from exercise and athletic events.

### 30 Minute\*

\*25 Minute Sessions

#### Single Session

Member \$70  
Non-Member \$78

#### 3 Sessions

Member \$205  
Non-Member \$230

#### 6 Sessions

Member \$390  
Non-Member \$445

### 60 Minute\*

\*55 Minute Sessions

#### Single Session

Member \$70  
Non-Member \$78

#### 3 Sessions

Member \$205  
Non-Member \$230

#### 6 Sessions

Member \$390  
Non-Member \$445

### 90 Minute\*

\*80 Minute Sessions

#### Single Session

Member \$120  
Non-Member \$130

#### 3 Sessions

Member \$348  
Non-Member \$378

#### 6 Sessions

Member \$672  
Non-Member \$726



## Muscle Recovery & Mobility

Muscle Recovery & Mobility Services techniques help with the removal of waste products from muscle breakdown that build up as a result of exercise. Techniques and tools include Passive Stretching, Percussion Therapy, Cryotherapy and Heat Therapy. In addition to the physiological benefits, the psychological benefits are also quite meaningful to exercisers and serious athletes alike.

### 30 Minute\*

\*20 Minute Sessions

#### Single Session

Member \$35  
Non-Member \$40

#### 3 Sessions

Member \$102  
Non-Member \$117

#### 6 Sessions

Member \$198  
Non-Member \$228

### 60 Minute\*

\*50 Minute Sessions

#### Single Session

Member \$60  
Non-Member \$68

#### 3 Sessions

Member \$175  
Non-Member \$198

#### 6 Sessions

Member \$336  
Non-Member \$378

\*\*This service is not recommended for persons who are currently on blood thinners, have artificial joints, have a pacemaker, have osteoporosis or are pregnant.

## Hot Stone Therapy

All Hot Stone Therapy Sessions are 50 minutes

Hot Stone massage involves the use of smooth, heated stones placed or pressed on specific points of body. The localized heat and weight of the stones warm and relax the muscles, allowing the therapist to apply deeper pressure without discomfort.

#### Single Session

Member \$88  
Non-Member \$99

#### 3 Sessions

Member \$255  
Non-Member \$289

#### 6 Sessions

Member \$500  
Non-Member \$565

## Cupping

All Cupping Therapy sessions are 55 minutes

An ancient form of alternative medicine that uses small cups and suction to increase blood flow and release toxins from the body.

This therapy helps to reduce pain and inflammation.



#### Single Session

Member \$75  
Non-Member \$83

#### 3 Sessions

Member \$220  
Non-Member \$235

#### 6 Sessions

Member \$420  
Non-Member \$475

\*\*Cupping is contra-indicated for persons with a bleeding disorder or susceptible to clotting or are taking blood thinners,

## Jin Shin Jyutsu

All sessions are 55 minutes.

A gentle form of energy work body-work. This therapy uses light finger pressure over specific points on the body, while fully clothed. This helps to restore energy and promote relaxation.

#### Single Session

Member \$60  
Non-Member \$66

#### 3 Sessions

Member \$175  
Non-Member \$200

#### 6 Sessions

Member \$330  
Non-Member \$385



## Appointments

Appointments may be made by phone at 330.325.6102 or in-person by visiting the Sequoia Wellness reception desk.

## Cancellation Policy

Please provide a minimum of 24 hours for appointment cancellation. If less than 24 hours notice is given, the massage therapist retains the right to charge for the full amount of the appointment.