

# Anew Beginning Massage and Spa

Massage Therapy

Reiki

Activated Isolated Stretching

Facials

9 Monroe Street,  
Ellicottville, NY 14713

716.699.2508

Start your new beginning...  
today!

## *Anew Beginning Massage*

Focuses on the body as a whole. We carefully take in all aspects of your life and tune your massage to your particular needs. Everyone is different; why shouldn't your massage be different?

1 1/2 Hr \$95

## *Traditional Swedish Massage*

This massage promotes relaxation and assists the body's circulatory system, giving your mind, body, and spirit the nurturing it needs.

1/2 Hr \$40   1 Hr \$65   1 1/2 Hr \$85

## *Medical Massage*

We incorporate many modalities to help balance out the daily damage done to our bodies. This massage brings a feeling of new life to your body.

1/2 Hr \$45   1 Hr \$70   1 1/2 Hr \$95

## *Deep Tissue*

Giving that little extra to get those issues out of your tissues. Please see your therapist to make sure this treatment is right for you.

1 Hr \$70   1 1/2 Hr \$95

## *Hot Stone Massage*

Unwind with this soothing treatment, stimulating circulation, relaxing the muscles and easing the mind. The warmth of these stones relieves your aches and brings new energy to the body.

1/2 Hr \$55   1 Hr \$75   1 1/2 Hr \$110

## *Pregnancy Massage*

Nurturing the mother-to-be; comfort and relaxation are the main focus in this massage. Please check with your therapist to make sure this service is appropriate.

1 Hr \$65

## *Abdominal Massage*

Looking to relieve the day-to-day strain patterns we put ourselves in. Gentle unwinding and warming friction soothe the core. Great by itself or easily added to another massage service.

1/2 Hr \$45

## *Reiki*

The Japanese technique for stress reduction that also promotes healing. Reiki treats the whole person-mind body and soul-creating beneficial effects that include feelings of peace, security and well being.

1 Hr \$65

## *Massage with Reiki* 1 1/2 Hr \$110

## *Reflexology*

This treatment assists with the body to normalize metabolism and enhance the circulatory system. We do this by tapping into ancient meridians and zones in the human body by the application of focused pressure technique.

45 Min \$50

## *Add to any message service*

### *Clay Foot Mask*

Soothing clay foot mask will help pull toxins from your tired soles and leave you feeling light on your feet.

\$7

### *Paraffin Hand Dip*

Relieve the muscle and joint ache in your hands and relax with a paraffin dip.

\$7

## Active Isolated Stretching (AIS)

Time takes a toll on our bodies; disease, stress, and lack of mobility result from poor diet, occupations, and our daily routine. Using AIS we have the ability to counter the abuses we put on ourselves.

Our goal is to help you attain a complete range of motion (ROM) in your joints by assisting in the stretching of your muscles. This helps you maintain the amount of increased ROM you have achieved.

AIS has many purposes besides increasing ROM; it will increase blood flow to your joints and promote healing. AIS may also reduce overall mental and physical stress. With the neuromuscular system being stimulated and endorphins being released, your body feels at ease and relaxes. Relieving the pressures around the rib cage, diaphragm, and clavicle may also allow for an increase of oxygen intake and allow for easier respiration. Your lymphatic and circulatory system work closely together; stretching around joints where they tend to become restricted, especially in the elderly, will help the removal of toxins from your body. To get everything moving again this assisted stretch session will leave you feeling renewed. This technique can be used alone or combined with a massage.

We are here to help improve range of motion of each individual, thus increasing the body's natural healing abilities.

1/2 Hr \$45   1 Hr \$70   1 1/2 Hr \$95

Massage and AIS

2 Hr \$130

## Facials

All treatments include a skin analysis by our licensed esthetician. The products used in our treatments are as pure as possible and formulated according to your specific skin type.

### Classic European Facial

This nourishing treatment rejuvenates and rehydrates the face. Includes skin analysis, cleansing, toning, exfoliation with steam, a mask, and relaxing shoulder, neck and hand massage. Extractions may be performed upon request.

1 Hr \$60

### Gentlemen's Facial

Designed specifically for men and their skin care needs without all the fuss.

1 Hr \$55

### Back Facial

Relax with our soothing back treatment designed to rid your muscles of stress and your skin of impurities. Includes a cleanse, massage, relaxing steam, exfoliation and mask. Extractions are performed if necessary.

1 Hr \$60

*Aesthetics are by appointment only*

*Soon to come: body wraps and scrubs*

*Gift Certificates Available  
perfect for all occasions*

As Licensed Massage Therapists, we at Anew Beginning take great pride in the services we provide. Dan Lee, owner, and Leah Rusiniak have been practicing massage in Ellicottville for the past three years. Our experience will soothe your aches and balance your mind, body, and soul.

## Hours

Mon - Wed by appointment only  
Thurs 11 am - 6 pm  
Fri - Sat 10 am - 5 pm  
Sun 10 am - 2 pm

If the need arises to cancel, please do so within 24 hours. Any appointments cancelled later are subject to the full price of services.

Prices are subject to change without notice.