

welcome

The Wonder of Touch Massage Therapy is offered in offered in serene, beautiful treatment rooms at the Birchwood Center in Nyack, New York.



All therapists are NYS Licensed and draw from an extensive repertoire of massage techniques and a belief in the healing power of touch.

Massage encourages healing on many levels, connecting us to our true selves, where we are naturally grounded and centered.

At Birchwood Center, we approach each client with an open heart and healing hands, channeling restorative energy, breaking through layers of stress and tension, and releasing emotions long held in the body.

Relax. Release. Renew.

Be moved to a truer, healthier self.

the wonder of touch

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Touch is a basic human need.

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We all need touch, as we need light to live and grow.

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Massage is the art of touch, a conversation between therapist and client.

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As the therapist's hands discover the body's internal geography the body softens, opens, unravels its secret aches and pains.

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Take care of your body, relax your mind, uplift your spirit.

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Give yourself, or someone you love, the gift of health and wellbeing with massage therapy.

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The Wonder Of Touch
Massage Therapy
at Birchwood Center

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Under the direction of
Charlene Bradin
Licensed Massage Therapist



BIRCHWOOD CENTER
yoga & massage

be moved.

*massage
therapy*

listen



85 SOUTH BROADWAY, NYACK, NY • 845.358.6409
www.birchwoodcenter.com

menu of massage modalities

Swedish Massage

Known as “traditional massage,” this modality includes long gliding strokes, friction, tapping, and shaking. It increases blood and lymph circulation, relieves muscle tension, calms the nervous system and reduces stress.

Deep Tissue Massage

Using deep muscle compression and friction along the grain of the muscle, Deep Tissue Massage is designed to un-stick the muscle fibers, releasing toxins and deeply held patterns of tension.

Pregnancy Massage

This massage relieves the tensions and aches caused by extra weight and shift in the center of gravity. Pregnancy Massage reduces swelling and fatigue, soothes the nervous system, and enhances energy. Available in 1 hour or 1½ hour sessions.

Medical Massage

This massage in particular deals with very specific concerns. Medical conditions are addressed by targeting the key areas to alleviate the symptoms of nerve impingements, muscle tears and sprains, or chronic muscular discomfort.

Sports Massage

Used after, during, or before athletic events to prepare the athlete for peak performance, Sports Massage relieves fatigue and swelling, reduces muscle tension, promotes flexibility, and helps prevent injuries.

Reflexology

Based on ancient Oriental theory that meridian lines or pathways carry energy throughout the body, Reflexology works on the body's problem areas through corresponding reflex points on the feet. Massage applied to a particular reflex point initiates stimulation of the related organ, clearing congestion and restoring natural functioning and health. Available in 30 minute, or 1 hour sessions.

prices

30 minutes	\$50	1 hour home visit	\$130
1 hour	\$85	90 min. home visit	\$160
90 minutes	\$125		

additional massage offerings

The Raindrop Technique

Essential oils, high in anti-bacterial and anti-microbial properties, are dispersed like drops of rain on the back, along the spine, in a very specific, synergistic sequence. They are then lightly feathered and massaged into the skin to activate nerve and blood reception and boost the immune system.
1 hour \$100.

Hot Stone Massage

This technique utilizes smooth, heated stones and Swedish Massage to produce a deeply relaxing and healing experience.
60 minutes \$125. 90 minutes \$155.

Aroma Therapy Options

Enhance your experience by including selected aromatic blends with your massage. Four different blends available, all natural herb and/or essential oil combinations.
\$5 will be added to your massage.

Combination packages and prepaid series discount packages are also available.

The Wonder Of Touch Massage Therapy is operated under the direction of Charlene Bradin, LMT.

Visit www.birchwoodcenter.com for more information or to make an appointment.

ABOUT CHARLENE BRADIN, DIRECTOR OF THE WONDER OF TOUCH AT BIRCHWOOD CENTER

Charlene Bradin has been a New York State Licensed Massage Therapist since 1992. She received her training in Swedish massage, medical massage, anatomy, physiology, pathology and Shiatsu at the Swedish Institute in New York City. In addition, she continued her education receiving certifications in Reflexology, Cranial Sacral Therapy, and other massage modalities. As a massage therapist she draws from an extensive repertoire of massage techniques, knowledge of yoga, and a strong belief in the healing power of touch to address each client's body structure and special needs. Charlene directs a talented staff of New York State Licensed Massage Therapists at Birchwood Center.



The Wonder of Touch Massage Therapy at Birchwood Center

For further information, or to schedule an appointment, call (845) 358-6409.
Or visit www.birchwoodcenter.com.

Gratuities for our therapists are encouraged and greatly appreciated.

Prices are subject to change.

Appointment & Cancellation Policy

Appointments for massage sessions can be made by phone or in person using your Visa, MasterCard or American Express. Birchwood Center also accepts personal checks and cash.

Because our services are in high demand, cancellations and no-shows affect us significantly. A full fee will be charged for cancellation of appointments without 24-hour notice.

About Birchwood Center

Birchwood Center houses two beautiful, fully equipped yoga studios and quiet sanctuary for healing massage; a safe and nurturing environment for self-discovery and transformation through Yoga and Massage Therapy.

Visit our website for more information:
www.birchwoodcenter.com

Gift certificates are available.