HOLISTIC SPA TREATMENTS

For over 35 years, Dr. Hauschka SkinCare has led the industry in holistic skin care preparations made from organic, biodynamic, and wildcrafted botanical ingredients. The Dr. Hauschka SkinCare line of products is powerfully therapeutic for body, mind and spirit and gentle enough for sensitive skin, containing no synthetic ingredients or harmful preservatives. Dr. Hauschka SkinCare products support our body’s natural processes and allow our skin to heal itself and bring about balance and natural beauty from within.

DR. HAUSCHKA FACIALS

Our facials, using only the Dr. Hauschka SkinCare line, will bring out your inner beauty. The Facial consists of a series of hot towels and steam, cleansing, extraction, and lymphatic stimulation with face brushes, mask and day cream. Our Dr. Hauschka certified Esthetician will follow up the treatment with a daily facial plan and a guide to the products for your specific needs.

COSMETICS

Dr. Hauschka Cosmetics are unique in the industry as therapeutic agents of beauty, free of synthetic ingredients, parabens, and coal-tar derivatives. Natural mineral pigments gently enhance your features and reveal the beauty within. Cosmetic application and lessons are both available.

BACK REJUVENATION

Treat your hard-to-reach back to a cleansing and detoxifying treatment. Comparable to a facial, but applied to the back, this service begins with a thorough cleansing of the back followed by treatments specific for your skin type selected by you or your Esthetician.

BODY POLISH

This treatment exfoliates the skin, bringing forth the glow of healthy radiant skin beneath. This service can not be administered if you shave within 24-48 hours of treatment.

REMINERALIZING SEA WRAP

Beginning with a body brushing to promote movement in the lymphatic system, your therapist will then apply a paste of mineralizing ingredients derived from the sea. This wrap is not appropriate for individuals with an iodine allergy.

DETOXIFICATION WRAP

For centuries, applications of mud have been used to draw out toxins via the skin. Your treatment begins with a body brushing, followed by the application of carefully selected clay minerals and essential oils for each individual that have been warmed.

WAXING

Body waxing services are also available to complete your beauty regimen.

INTENSE MOISTURIZATION WRAP

For those who suffer from dry skin, this body masque is the ultimate treatment. A special selection of organic ingredients to help heal dry skin are applied to the body and left to absorb. Excess masque is removed with warm moist towels and Rose or Blackthorn Body Oil is massaged onto the body to seal in the moisture.

PEDICURES & MANICURES

These traditional treatments bring forth and preserve the beauty of the hands and feet. Relax in our massaging pedicure throne while your feet soak in our jet-free whirlpool bath, or have your hands pampered, nails shaped and your hands moisturized by our Licensed Nail Technician. Complete your treatment with Zoya nail lacquer, a less toxic formula, even safe for pregnant women.

The Springs is located within Clifton Springs Hospital in Clifton Springs, New York, a historic village, 25 miles southeast of Rochester in the Finger Lakes Region.

FROM THE WEST: Take the NYS Thruway (I-90) to Exit 43- Route 21 South. When you exit the thruway turn right onto Rte 21 South, immediately get in the left lane and make a left onto Route 96 South. Stay on Route 96 South until you reach Kendall Street at Clifton Springs. (Kendall Street is about 5 miles from the thruway exit) Make a right at the traffic light. Follow Kendall Street (cross over Main Street). Make the first left onto Coulter Road, which brings you into the hospital parking lot at the front entrance of the hospital.

FROM THE EAST: Take the New York State Thruway west to exit 42, Geneva. Getting off exit 42, go right onto Route 14 south and then right onto Route 96 North. (Route 96 North is a short distance from exit 42.) Stay on Route 96 North. You will pass through the Village of Phelps and after 2 -3 miles come to a Blue Hospital sign (H). Make a left (it is a “Y” off of 96, which veers to the right) onto County Road 13, which becomes Main Street, Clifton Springs. At the intersection of Main Street and Pleasant Street (on the left hand side across from the gas station) turn left. Make the first left onto Coulter Road, which brings you into the hospital parking lot at the front entrance of the hospital.

A Department of Clifton Springs Hospital
2 Coulter Road, Clifton Springs, New York 14432
To schedule your appointment call 315-462-0390
www.cliftonspringshospital.org
The Springs, a holistic health spa service of Clifton Springs Hospital, integrates alternative and complementary therapies, including the historic sulphur baths, with conventional Western medicine. The Springs provides health care that nurtures the body, mind and spirit with the goal of promoting wellness and health. The services and therapies provide support for maintaining health and well-being, healing illness, managing chronic disease and for facing life-threatening illness. The practitioners work with individuals and families to develop strategies for prevention of disease and developing holistic health plans. General information about complementary and alternative approaches for health and healing is provided.

Les Moore, ND, MSOM, L.Ac., Director of The Springs, and Amy Voishan, ND, MSOM, L.Ac. are Naturopathic Doctors and Licensed Acupuncturists. They and the staff of the Springs work closely with primary care practitioners, specialists and other health care providers to ensure an integrated health care approach.

**HYDROTHERAPY**

The use of water for recuperation, healing and health, based on water’s mechanical and/or thermal effects; used to tone the body, stimulate digestion, circulation and the immune system and bring relief from pain.

**AROMATHERAPY**

Essential oils of plants are powerful therapeutic agents affecting body, mind and spirit.

**HYDRO-MASSAGE BATH**

Enjoy a gentle water massage in our jetted bath. The private soaking tub is equipped with dual faucets to allow clients to choose their water temperature preference.

**CONSTITUTIONAL HYDROTHERAPY**

Constitutional Hydrotherapy seeks to stimulate the body’s own healing potential. Alternating hot and cold towel compresses invigorate the nervous system, digestive system, and endocrine system to bring about health and wellness.

**SULPHUR BATHS**

The sulphur springs at Clifton Springs have been utilized for centuries for their healing properties. Soaking in sulphur water is beneficial for a wide variety of conditions including arthritis, skin disorders, and respiratory ailments. Enjoy a sulphur bath in a private room as an individual service or in combination with any other service to maximize your healing potential.

**AROMATHERAPY BATH**

Essential oils of plants are powerful therapeutic agents affecting body, mind and spirit. Choose one of the therapeutic Dr. Hauschka Bath Oils or create your own experience with a combination of essences added to either a sulphur or tap water bath.

**FOR THE WHOLENESS OF YOUR HEALTH**

**CHIROPRACTIC CARE**

Chiropractic is a natural method of health care focused on treating the cause rather than simply the symptoms of a problem. A normally functioning spine is integral to all bodily functions. Utilizing a variety of techniques including gentle vertebral repositioning, heat, stretching and traction, your chiropractor will create an integrated, individualized treatment plan to assist your body to heal itself and maintain wellness.

**CLASSICAL CHINESE MEDICINE**

A 2,500-year-old system of health care based on the understanding of illness and a blockage or imbalance of energy in the body. The practice includes: Acupuncture, Chinese Herbsology, Taiji and Qi Gong (Exercise & Breathing), Tuina (massage), Nutrition and Meditation.

**ENERGY THERAPIES**

Energy therapies are based on understanding the human as an energetic being, in body, mind and spirit. The practitioner generally uses the hands to assess and guide energy to the patient to bring balance to the energy field, to put the patient in the best position to effect healing. The energy therapies available include Healing Touch, Reiki, Therapeutic Touch, Cranial-Sacral Therapy and Feldenkrais.

**HOLISTIC NURSING**

A holistic nurse assists in designing a comprehensive health assessment and plan for wellness, provides information and helps in utilizing a variety of therapies from western medicine as well as integrated and complementary therapies.

**HYPERSONALITY**

A hypnotherapist assists the client in relaxing the mind. This process helps focus the client’s attention and energizes the conscious and unconscious mind, providing suggestions which can help bring about acceptable life changes. Many people use hypnosis successfully for behaviors where addiction is a component.

**NATUROPATHY**

Combining centuries-old traditional therapies with current advances in modern medicine, Naturopathic Medicine focuses on management of all aspects of family health care. The therapies which may be offered include classical nutrition, homeopathy, botanical medicine, physical medicine, counseling, stress management and health education.

**MASSAGE THERAPY**

**MASSAGE THERAPY**

A practitioner of therapeutic massage uses the hands to apply pressure and motion on the skin and underlying muscle of the recipient. The purpose of massage is for physical and psychological relaxation, improving circulation, managing chronic pain, injury relief and relaxing sore muscles in addition to other therapeutic benefits. Our practitioners obtain a health history, discuss the client’s goals and expectations, and answer any questions prior to the session. Therapeutic oils may be requested or recommended for any massage session.

**SWEDISH MASSAGE**

Therapeutic for stress reduction and muscle relaxation, Swedish massage incorporates smooth, flowing strokes to the body while the therapist utilizes specific techniques based upon your particular needs.

**PREGNANCY MASSAGE**

Massage during pregnancy can alleviate some of the discomforts associated with carrying the weight of a growing baby, as well as provide much needed relaxation. Special positioning allows the mother-to-be to receive a full-body session in comfort. If you have any complications during your pregnancy, please obtain your doctor’s permission before making an appointment.

**INTEGRATED MEDICINE**

Combining Complementary and Integrated Medicine with the best of Western Medicine, clients in the hospital, their families and people from the community come to create a health care plan that addresses body, mind and spirit for healing and health.

**MASSAGE THERAPY**

**DEEP TISSUE MASSAGE**

Deep tissue massage is utilized for relief of chronic muscle tension or pain, conditions as well as relaxation. This massage incorporates techniques from connective tissue therapy, trigger point therapy and other forms of deep massage to soften the muscles and bring about relaxation. Deep tissue is not appropriate for someone taking Coumadin or other blood thinning medications, those with osteoporosis or those with a blood clotting disorder.