

Valerie Summer Massage

Dear friends and clients,

I hope everyone is doing well! Michele and I had a very relaxing and revitalizing 6 week vacation, soaking up sunshine, bicycling, and looking for seashells. It's beautiful to feel the warmth and light always on the increase here at home. In fact, it is one of the biggest comforts to know that we can really count on the seasons, and we sure are in my favorite part.....all summer to look forward to!

Adding greatly to my enjoyment was the freedom to be away, knowing that many of you were still coming in to the office... without me! Gabrielle had a great opportunity to really settle in and make the space her own. I am enjoying sharing the room with her, and have heard excellent feedback from clients who have experienced her techniques. Besides classic table massage, she offers Hot Stone, Heated Bamboo Fusion, and Pregnancy massage, for 60, 75 and (the best) 90 minutes.

Here are some brief descriptions from Gabrielle:

Swedish massage is one of the most commonly practiced styles of massage. It combines long soothing strokes with kneading, vibration, and friction, addressing the soft tissues of the whole body. Using strokes that flow towards the heart Swedish massage promotes circulation. This style provides relaxation, improves muscle tone, increases body awareness, and promotes overall well being.

Hot Stone massage incorporates hot stones into traditional massage techniques. Smooth stones of multiple sizes are used all over the body to deliver heat therapy to the muscles, helping to alleviate aches and pains. The heat from the stones helps to increase blood flow supporting your immune system. It is a very soothing style of massage that is known for reducing stress and anxiety, and improving sleep quality.

Warm bamboo fusion massage uses warmed lengths of bamboo that model the forearm, palm, and thumb. The use of heat and leverage helps reduce restrictions and scar tissue as well as increasing blood flow to the affected area promoting healing. This massage addresses the full body but is most effective on the back and legs. The bamboo allows deeper work into muscle tissue, but can be done as a relaxation massage when requested.

There will be a price increase on July 1. Any packages bought before July 1 will be at the current price of \$720, so it's a great time to purchase! We both accept cash, check, and Venmo payments.

Gift Certificates are also available for all the services. They can be purchased by getting in touch with Gabrielle at 518-241-3688, text or phone, or email at wellnesswithgabrielleh@gmail.com. Text or call me at 315.379.1955 - or email at vsummer17@gmail.com

I want to thank everyone who has been so considerate in cancelling your appt. when you have any illness that might be contagious.....there is never a cancellation fee for health reasons.

May 2025

Thanks to your diligence, we have stayed healthy and promise you we will always reciprocate and be cautious about protecting you.

Also, a reminder that there is no need to come early; five minutes before your appointment is plenty of time, and we will always be ready for you then.

Wishing you peace and wellness,

Valerie