

Women Caring for Women

Women Gynecology & Childbirth Associates is pleased to expand our services to include a wide array of massage and laser treatments.

In addition to taking care of our patients' medical needs, we have created a relaxing, welcoming and calming atmosphere to focus on your total health and well being.

All services at WGCA are performed by licensed professionals. As always, we strive to offer the highest standard of confidential care in an atmosphere of mutual respect and understanding.



*Women Gynecology &
Childbirth Associates, P.C.*

Karen Bradley, M.D.
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GIFT CERTIFICATES AVAILABLE

Massage gift certificates are a special way to pamper yourself and for loved ones to pamper you. Some of the benefits include uplifting moods, easing allergies, relieving stress, healing muscle tension, and promoting overall well-being. Ask about special packages and seasonal offerings.

Payment is due at the time of your visit, or in advance for special orders and gift certificates. We accept cash, check, Visa, MasterCard, American Express or debit card.

For an appointment or more information, call
(585) 271-0340

*Women Gynecology &
Childbirth Associates, P.C.*

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**Some services may be eligible for reimbursement from your flexible spending account or health savings account. Contact your company's benefits administrator for more information.*



Massage Therapy

A BEAUTIFUL WAY
TO RESTORE BALANCE TO
YOUR BODY, MIND
AND SPIRIT

OFFERED BY WOMEN GYNECOLOGY
& CHILDBIRTH ASSOCIATES, P.C.

MEMBERS OF THE MEDICAL SPA SOCIETY

Massage Therapy

Massage is one of the oldest forms of therapy, dating back 3,000 years. Your licensed massage therapist has been trained to use a variety of manipulation techniques on muscle tissue to promote relaxation and health.

THE BENEFITS OF MASSAGE

Massage is a beautiful way to restore balance to your body and mind.

A soothing massage may relieve tension, both physical and emotional. Massage therapy offers benefits for a variety of health conditions including fatigue, insomnia, high blood pressure, lower back pain, stress-related tension and depression, just to name a few.

Massage increases circulation, allowing the body to pump more oxygen and nutrients into tissues and organs. It also stimulates the lymph system — the body's natural defense against toxins. Massage relaxes and softens injured or overused muscles, reduces muscle cramping and spasms, and increases joint flexibility.

Massage also helps you become more aware of your body as you learn to release tension and relax. Ultimately, massage nurtures a feeling of well-being.

TYPES OF MASSAGE OFFERED

We are pleased to offer the following types of massage at Women Gynecology & Childbirth Associates:

PRENATAL (PREGNANCY) MASSAGE

Helps expectant mothers experience a better night's sleep, increased flexibility and reduced back pain.

POSTPARTUM MASSAGE

Helps Mom restore balance after delivery and handle the physical demands of caring for a new baby.

THERAPEUTIC MASSAGE

Ideal for relief of muscle pain, chronic pain, arthritis, headaches, specific problem areas, and other discomforts. Ask us how else massage can help you.

DE-STRESS MASSAGE

Flowing and soothing, this aromatic massage breaks the cycle of stress and "hits the reset button" in your busy life.

LYMPH MASSAGE

This is an advanced form of massage that aims to stimulate the lymphatic system to remove congestion and blockages.

Aromatherapy

Aromatherapy is an optional part of your massage experience. Aromatherapy is the use of liquid plant materials, known as essential oils, to affect one's mood or health. Essential oils may be used during your massage to assist in creating physical and emotional balance. Therapeutic grade essential oils contain no synthetic additives.

Hot Herbal Poultice Massage

This centuries-old treatment consists of a therapeutic massage using warm poultices (heated muslin bags filled with healing fragrant herbs and spices). The fragrant and therapeutic nature of the poultices in combination with the massage will leave you feeling refreshed and wonderfully relaxed.

What to Expect During Your Massage

Your massage therapist will begin by asking you questions about your general health, then she will give you privacy to undress.

During the massage you will be draped at all times, exposing only the area that will currently be worked upon. You will relax on a padded massage table which has been designed for comfort and stability. The room will be comfortable and quiet, setting the stage for ideal relaxation.

Your massage will begin with gentle pressure and broad strokes to relax your nervous system and to prepare you for deeper touch. Gradually, deeper pressure will be applied to tension areas that require special attention. Since everyone responds differently to the pressure used during massage, please let your therapist know if anything becomes uncomfortable for you so she can adjust her pressure. A massage does not need to be painful to be effective.

For many types of massage, your therapist will use a lubricant, such as a light oil or lotion. These lubricants are good for your skin and absorb well.

During your massage, take a deep breath, relax and enjoy the soothing comfort that you will experience. Many people just close their eyes and relax completely during their massage; others prefer to talk. This is your choice. Relax and enjoy as you heal your mind and heal your body.