

We offer packages to allow you to receive special discounted rates for multiple services. All packages must be prepaid. For questions about packages or rates, please contact the Operations Manager at 315-462-1352 or via email at TheSprings@cshosp.com for more information.

ACUPUNCTURE

Initial & 1 st Follow-up Package	\$180
Routine Follow-up 2 Visit Package	\$140
Routine Follow-up 4 Visit Package	\$240
Routine Follow-up 6 Visit Package	\$300
Facial Renewal, Stress Relief, or Detoxification <i>Series of 6 visits</i>	\$150

SINUS RELIEF TREATMENT

Massage & Aromatherapy (20-minutes)	<i>Series of 5</i>	\$100
Massage, Aromatherapy & Acupuncture	<i>Series of 5</i>	\$200

MINERAL SPRINGS SOAK	SERIES OF 5	SERIES OF 10
20-Minute Soak	\$100	\$180
30-Minute Soak	\$140	\$260
40-Minute Soak	\$190	\$360
<small>NEW!</small> BATH-OF-THE-MONTH (20 min)	\$155	\$300
HYDROSSAGE JETTED TUB SOAK (20 min)	\$100	\$180
MINERAL SOAK W/ SHEET WRAP (40 min)	\$175	\$340

MASSAGE THERAPY & BODY TREATMENTS *Series of 6 sessions of any single type*

30-MINUTE <i>Relaxation, & Prenatal</i>	\$175
30-MINUTE <i>Deep Tissue</i>	\$250
60-MINUTE <i>Relaxation, & Prenatal</i>	\$300
60-MINUTE <i>Deep Tissue</i>	\$375
ORTHOPEDIC/PAIN MANAGEMENT (45 min)	\$340
<small>NEW!</small> SERENITY MASSAGE (90 min Swedish)	\$490
<small>NEW!</small> "BEST OF BOTH WORLDS" (90 min)	\$580
<small>NEW!</small> INTENSIVE THERAPY (90 min Deep Tissue)	\$670

HOT STONE TREATMENTS

<small>NEW!</small> <i>Hot Rocks Massage</i> (60 min)	\$430
<i>Signature Stone Treatment</i> (90 min)	\$630
MOOR PEAT DETOX WRAP (70 min)	\$480
ARTHRITIS/PAIN RELIEF WRAP (70 min)	\$510
DEEP MOISTURE MASQUE (70 min)	\$480
DEEP LAVENDER RUB (70 min)	\$450
HOT TODDY FOR THE BODY (70 min)	\$480

PATHWAY: OPTIMUM WEIGHT

Achieving your optimum weight can be a difficult process. Naturopathic Doctors are trained in methods to assist you in achieving your goals safely and naturally. Dietary counseling, lifestyle modification assistance, and herbal therapeutics are the core of our Optimum Weight Program. Naturopathic Medicine emphasizes nourishing the body with whole foods and educates patients about healthy forms of protein, fats and carbohydrates. The ultimate goal is personal empowerment to make great choices in a way that is reasonable within a busy lifestyle and beneficial for your long-term health. Acupuncture is effective to improve body systems functions and reduce cravings. Massage Therapy helps improve body image and tone the body by increasing circulation. It also assists with stress-management, a significant factor with any weight-loss program. Moor Peat Detox Wraps are helpful to pull wastes out of the body, and remineralize the skin. **\$1200** *A savings of \$335*

Your package includes:

8 appointments with the Naturopathic Doctor, with Acupuncture

8 Mineral Baths

4 Massage Therapy sessions

3 Moor Peat Detox Wraps

PATHWAY: DETOXIFICATION

Naturopathic Medicine can provide safe and effective methods for reducing the toxic load our bodies carry. Gentle non-invasive methods are used, and effective strategies for avoiding non-healthy substances are taught. Fasting and internal cleansing can enhance digestion and absorption and strengthen the body's detoxifying and eliminative capacities. This inner cleansing process facilitates cellular repair, growth, and metabolic functioning. With improved nutrient absorption, toxin elimination, and cellular metabolism, our whole organism experiences a surge in health and well-being. Enjoy increased vitality, increased resistance to infections, less incidence of chronic degenerative disease, a slowing of the aging process, and a longer and healthier life. Acupuncture stimulates the body systems to cleanse and purify, and herbal therapeutics may be recommended to support your body during transition. **\$840** *(A savings of \$265)*

Your package includes:

6 appointments with the Naturopathic Doctor, with Acupuncture

6 Mineral Baths

2 sessions of Constitutional Hydrotherapy

2 Moor-Peat Detox Wraps

PATHWAY: PAIN MANAGEMENT

Do you suffer from acute or chronic pain? Is it inhibiting your activities and your quality of life? Acupuncture is best known for its ability to help relieve pain. Treatments can help to ease the tension, reduce inflammation, and increase blood flow to the affected areas. Chronic pain is often due to underlying imbalances, structural causes, and/or degenerative diseases and a longer term approach may be necessary to target the underlying cause of the back pain. Herbal formulas, nutritional supplementation, and Chinese exercise therapy are combined with acupuncture to help relieve inflammation and stimulate healing. Massage Therapy and Mineral Baths assist with relaxing muscles and releasing stress that is often a root cause of pain. **\$650** *(A savings of \$235)*

Your package includes

4 appointments with the Naturopathic Doctor, with Acupuncture

4 Orthopedic/Pain Management Massage Treatments

4 Mineral Baths

PATHWAY: AGE GRACEFULLY

It is inevitable...we all age. The Springs offers a gentle, non-invasive approach to aging with grace in a program that includes Naturopathic Medicine, Acupuncture & Acupuncture Face-Lifts, Dr. Hauschka Skin Care Treatments, Massage Therapy, Mineral Baths, and Deep Moisture Body Masques. Consultation with a Naturopathic Doctor to assess your healthcare and develop a treatment plan specific for your needs includes diet and lifestyle counseling, and herbal and exercise therapeutics. Acupuncture and Acupuncture facelifts are helpful for stimulating natural beauty and we have included an Anti-Aging Facial designed by LMT and cosmetologist Julie Hobart just for this program that includes Dr. Hauschka Skin Care with Acupuncture facelifts. A Deep Moisture Body Masque made by hand from raw ingredients is essential for silky smooth skin. Massage Therapy restores circulation to all areas, supplying fresh nutrients to our tissues to maintain health, tone and vibrancy. **\$1250** (A savings of \$390)

Your package includes:

- 8 appointments with the Naturopathic Doctor, with Acupuncture
- 8 Mineral Baths
- 3 Anti-Aging Facial Treatments with Acupuncture Facelifts
- 3 Massage Therapy sessions
- 1 Deep Moisture Body Masque

PATHWAY: PRENATAL SUPPORT

A woman's body goes through several changes during pregnancy, some of which are wonderful, and others which can be uncomfortable. Our Prenatal Support Package provides mothers-to-be with health care information from our Naturopathic Doctor to assist in making healthy food choices, and providing safe herbal recommendations for some of the side effects of pregnancy. Mineral baths (kept at a safe temperature during pregnancy) are helpful for soothing sore muscles and aching joints as the baby grows. The mineral baths are especially soothing near the end of the pregnancy as the baby increases in size rapidly. Massage therapy provides much needed relaxation and relief from discomforts associated with the many body changes. Facial treatments with Dr. Hauschka Skin Care soothe the skin and help keep the mom-to-be looking beautiful! **\$1155** (A savings of \$330)

Your package includes

- 4 appointments with the Naturopathic Doctor, with Acupuncture (if indicated for your concerns)
- 3 Simply Divine Facials
- 9 60-minute Pregnancy Massages
- 9 Mineral Baths

PATHWAY: SMOKING CESSATION

This program will assist people to quit smoking by assisting to eliminate the habit and initiate healthy lifestyle changes. Naturopathic Medicine provides individualized treatment that may include tools for stress management and recommendations for related dietary and lifestyle changes. Acupuncture and placement of ear seeds for self-management of symptoms assist in the process of becoming smoke-free. Mineral Baths with sheet wraps support the detoxification process and stimulate circulation. **\$1125** (A savings of \$290)

Your package includes:

- 10 appointments with the Naturopathic Doctor, with Acupuncture;
- 10 Mineral Baths with Sheet Wrap
- 1 Moor-Peat Detox Wrap, recommended at the beginning of your program.

DETOXIFICATION USING BIOTHERAPEUTIC DRAINAGE

This is Dr. Giardenelli's preferred treatment modality for both prevention and treatment of chronic disease (including, but not limited to heart disease, diabetes, obesity, and debilitating pain). Biotherapeutic Drainage is a form of homeopathy that seeks to assist the body in removing toxic buildup at a cellular level that can be responsible for various types of disease states. We can optimize cellular function so our cells can better process the daily load of both toxins and nutrients they come into contact with. The toxins we deal with daily are often not counter-balanced by our bodies due to various factors including lifestyle, stress, environmental pollution, and poor food quality. This toxic accumulation leads to abnormal cellular function and can lead to chronic disease, which is the body's natural way of responding to this accumulation. While it is tempting to address disease by treating the symptoms, it is important to look at the underlying cause of the disharmony in the body. This modality is a gentle, yet effective way to optimize the body's own capabilities. Biotherapeutic Drainage utilizes the Unda numbered remedies which are low potency synergistic combinations of plant and metal remedies in a liquid solution, and the remedies are so dilute, they have the benefit of not interacting with pharmaceutical medications. Dr. Giardenelli uses these remedies in conjunction with lifestyle recommendations geared towards optimizing cellular function, thereby improving overall health and vitality. Acupuncture stimulates the body systems to cleanse and purify. The Moor-Peat Detox Wrap treatment is another effective method to cleanse the body. **\$900** (*A savings of \$160*)

Your package includes:

6 appointments with Dr. Giardenelli, with Acupuncture

6 Mineral Baths

2 Moor-Peat Detox Wraps

STRESS RELIEF PACKAGE

Acupuncture is a gentle but effective way to help relieve stress. Regardless of what the complaint, patients often leave feeling a sense of calmness and relaxation. Research well documents that acupuncture can stimulate the release of endorphins; the feel good neurotransmitters that help to relieve pain. Additionally, acupuncture has been shown to lower stress-related cortisol levels. From a Chinese medicine perspective acupuncture helps to calm the mind and treats the underlying organ system imbalances that contribute to the stress response. Whether you are looking for post-holiday relaxation or support for the chronic stressors of daily life, this package aims to provide tranquility regardless of the cause. Also, include in this package is a personalized "mini-shiatsu" massage, a gentle Japanese-style massage, to target areas of the body that may be holding stress. **\$525** (*A savings of \$80*)

4 appointments with Dr. Giardenelli, with Acupuncture & complimentary "mini-shiatsu" treatments

SPA PACKAGES

HANDS, FEET & MASSAGE...OH MY!

Going beyond your basic pedicure, this package adds a hand treatment and relaxing massage therapy for the ultimate relaxation experience. Your hands will be gently exfoliated to revitalize a dull, dry appearance, then will be massaged in a cocoon of moisturizer and dipped in paraffin. Your therapist will release the tension in your shoulders and neck while you enjoy the warmth of the paraffin treatment, leaving you feeling...Oh My! **\$75 Approx 1hr**

STARGAZER

A wonderful rejuvenating treatment to pamper you and make you feel out of this world...There is no need to disrobe for this package, making it timely for those on a tight schedule, or comforting for those uncomfortable removing clothing. By combining a facial treatment with scalp massage and neck and shoulder release, you will restore your inner glow and leave feeling relaxed and renewed. **\$75 Approx 1hr**

GARDENER'S COMPANION

Begin with body brushing to exfoliate and bring new skin cells to the surface. Then, slip into a soothing mineral bath to release stress and aches. Our unique Deep Moisture Body Masque is then applied as you rest on a massage table and are wrapped in warmth. You will receive a hand massage followed by paraffin while you rest. The masque is removed with warm towels infused with aromatherapy oils, and a body moisturizer is massaged in, leaving you feeling refreshed. **\$110 Approx 2hr**

FADE AWAY

Dry skin brushing and a soothing aromatherapy milk bath, followed by a warm shea massage will leave your skin feeling softer than ever. Shea butter is wonderfully healing and soothing for dry skin, helps prevent and reduce the appearance of stretch marks, and reduces moisture loss. It is also excellent for treating eczema and psoriasis. Your skin will feel so great, you won't wanna put your clothes back on! **\$97 Approx 1hr 30min**

RADIANCE

Are you tired of winter? Is your skin itchy, dry, and irritated?...Shed your winter doldrums at The Springs. An invigorating body glow is followed by a skin-softening Honey-Milk Bath and a Warm Shea Massage that will leave your skin feeling baby-soft. **\$152 Approx 2hr 15min**

FULL BODY EMBRACE

Has your body felt neglected? Do you want a relaxing, restorative experience that will leave you loving your skin again? This package is just for you. Our body glow stimulates your circulation and exfoliates the skin to prepare it to absorb the minerals and healing properties of a hot Milk & Honey Bath. A Warm Shea Massage and Seasonal Renewal Facial Treatment make this package complete. **\$227 Approx 3hr 30min**

SPA RETREAT

For our guests seeking a full-day spa experience at The Springs, we offer the RETREAT. In addition to the FULL BODY EMBRACE, you will receive an Enhanced Warm Shea Massage and Deluxe Manicure and Pedicure. You will have a 1 hour break for lunch* between your morning and afternoon treatments. **\$347 All Day Pkg, beginning at 9am***

**The Springs does not provide meals for guests. For local recommendations, please call us in advance of your visit.*

We also run seasonal specials and spa promotions monthly which are announced via email. Sign up to receive emails on our website at www.TheSpringsofClifton.com! Prices are subject to change without notice. Rev. 2/1/11



Clifton Springs Hospital & Clinic
2 Coulter Road
Clifton Springs, NY 14432