

Feel Good

OMEGA
WELLNESS
CENTER

TREATMENT
MENU
2023



The Omega Wellness Center, fully renovated in 2023, is a peaceful haven offering services to enhance your well-being.

Below is a sampling of our services.

To view the complete treatment menu, please scan the QR code on the cover, or visit eOmega.org/wellness.

MASSAGE

Deep Tissue Massage

Using slow, firm pressure, our massage therapists will release tension held deep in your muscles and connective tissues. This full-body treatment will help you feel relaxed and invigorated.

50 minutes: \$150, 80 minutes: \$200

Aromatherapy Massage

Breathe in the relaxing and healing scents of custom-blended essential oils during this therapeutic massage.

50 minutes: \$150, 80 minutes: \$200

Therapeutic Massage

Return to a state of tranquility with this centuries-old massage technique. Relax your body and mind with this light to moderately deep massage that stimulates circulation.

50 minutes: \$130, 80 minutes: \$175

Heart of The Lotus an Omega Signature Massage

Pamper yourself with this luxurious full-body dry exfoliation followed by a massage that includes a hydrating custom blend of shea butter and essential oils. After the massage, we comfortably cocoon you to allow your body to absorb the shea butter and essential oils' nourishing richness. The bliss continues with a specialized head, face, and scalp massage, and a short foot treatment.

80 minutes: \$250

Tip Top Toe

Alleviate tension in your body through a combination of acupressure and massage on your head, neck, shoulders, hands, and feet. Acupressure will treat areas of blocked energy while the gentle massage will relax your muscles. You may opt to wear comfortable, loose-fitting clothing.

50 minutes: \$130, 80 minutes: \$175

Back to Basics

Ease the stress of daily life with a massage that targets the neck, shoulders, and back. Choose this customizable treatment and feel the tension melt away.

50 minutes: \$130, 80 minutes: \$175

With Deep Tissue—50 minutes: \$150, 80 minutes: \$200

Energy Massage Combo

Enjoy the benefits of a soothing and nourishing massage coupled with gentle, yet stimulating, energy work to balance the body, mind, and spirit.

50 minutes: \$150, 80 minutes: \$200

Footloose

Improve circulation and revitalize tired muscles in your feet and calves through massage and gentle stretching. You may opt to wear comfortable, loose-fitting clothing.

50 minutes: \$130, 80 minutes: \$175

Appointments are available noon-8:00 p.m.
Not all services are available at all times. Please book
in advance. Email FeelGood@eOmega.org or call us
at **800.954.0082**.

FACIALS

The Classic Facial

Rejuvenate, refine, and lift fatigued skin and a lackluster complexion with this European-style facial. It includes cleansing, exfoliation, steam, extractions, if needed, and an appropriate mask customized to your skin's specific needs. This treatment will end with a brief massage of the face, neck, and shoulder areas.

50 minutes: \$150

Omega's Signature Facial

A truly luxurious experience. You will receive our classic facial service combined with Savor Beauty, an award-winning, natural skincare line inspired by Korean self-care rituals. Using certified organic, plant-based ingredients, these high-efficacy clean formulas are handcrafted locally in small batches, and designed to holistically boost the skin's radiance. A massage targeting your shoulders, hands, and feet using custom-blended aromatherapy lotions follows.

80 minutes: \$200

HEALING ARTS

Tui Na

Heal your body naturally with this combination of meridian stimulation, deep tissue, and sports massage, stretching, and other techniques. Please wear comfortable, loose-fitting clothing.

50 minutes: \$130, 80 minutes: \$175

Amma

Rebalance your energy and restore physical well-being with acupressure point release and muscular-release techniques. Please wear comfortable, loose-fitting clothing.

50 minutes: \$130, 80 minutes: \$175

Acupuncture

Restore harmony among the body, mind, and emotions by stimulating the body's energetic meridians to encourage the free flow of energy.

50 minutes: \$130, 80 minutes: \$175

Reflexology

Choose this targeted treatment with beginnings that can be traced to the ancient Egyptians. Enter a state of relaxation through gentle massage and acupressure of the feet that addresses the entire body.

50 minutes: \$130

ENERGY WORK

Craniosacral

Restore your vitality and release tension with this gentle-touch treatment that follows the rhythmic flow of the cerebral spinal fluid, from the head to the sacrum. Does not include massage or strong muscle manipulation. Please wear comfortable, loose-fitting clothing.

50 minutes: \$130, 80 minutes: \$175

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ENERGY WORK *continued*

Reiki

The word Reiki is made of two Japanese words—"Rei," which means "God's Wisdom" or the "Higher Power," and "Ki," which is "life force energy." Reiki is "spiritually guided life force energy." Discover a deep state of tranquility and healing, as your energy is guided to release stress on all levels.

50 minutes: \$130, 80 minutes: \$175

Chakra Balancing

The name "chakra" is the Sanskrit word for "wheel." Chakras are used to describe the way energy "moves" throughout the body. Treat your energetic body to a session intended to help raise your vibration, increase your awareness, and connect your mind, body, and spirit. Energetic focal points can become depleted or overactive from excessive stress, negative thought patterns, and trauma (physical/mental/emotional). Having your chakra system rebalanced and aligned can leave you feeling refreshed and relaxed.

50 minutes: \$130, 80 minutes: \$175

Energy Balancing

Release and redirect stagnant energy through the balancing of the body's energetic fields. Experience a renewed sense of well-being, peace, and mental clarity as energy flows freely through the body.

50 minutes: \$130, 80 minutes: \$175

SOUL FOCUS

Intuitive Guidance

Re-establish a spiritual connection to your guides and angels to deepen inner wisdom, bring forth clarity, and empower you along the remarkable journey of life. Note: There may be pauses in the conversation as your practitioner conducts the reading.

50 minutes: \$130, 80 minutes: \$175

Astrological Consultation

Identify your gifts and challenges by finding the unique strengths revealed in your birth chart. Please provide the date, time, and location of your birth when making your reservation. This information is needed a minimum of 24 hours prior to your appointment.

50 minutes: \$150, 80 minutes: \$200

Akashic Records

Tap into the Akashic Records—an energetic archive that tells the story of your soul's journey, through this life and in past lives. These sessions are intended to help you gain clarity and insights into questions you have about situations, people, your path, your passions, your dreams, your work. The intention is to help you live the life you came here to live. Note: There may be pauses in the conversation as your practitioner conducts the reading.

50 minutes: \$150, 80 minutes: \$200

Tarot

Tarot is a centuries-old practice of divination that provides guidance and wisdom. Reflect on your life and connect to the collective unconscious to gather insights into your past, present, and future.

50 minutes: \$130, 80 minutes: \$175