



Want to try something new?
Ask about our featured services.



SOUL FOCUS

Astrological Consultation

Identify your gifts and challenges by finding the unique strengths revealed in your birth chart. Please provide the date, time, and city of your birth when making your reservation.
50 minutes \$100, 80 minutes \$145

Tarot Card Reading

Reflect on your life and connect to the collective unconscious to gather insights into your past, present, and future.
25 minutes \$60, 50 minutes \$100, 80 minutes \$130

Intuitive Guidance

Re-establish a connection to your deeper self and retrieve wisdom for your path toward a full, rich life.
25 minutes \$60, 50 minutes \$100

Shamanic Healing

Rediscover the interconnectedness of all things, access a deeper awareness, and investigate your healing with techniques like journeying and soul retrieval.
80 minutes \$140

Akashic Records

Tap into the Akashic Records—a channeled reading of your own soul's individual journey. This interactive spiritual resource provides guidance and helps you understand life's lessons and your unique spiritual journey.
50 minutes \$100, 80 minutes \$140

WELLNESS SESSIONS

Acupuncture

Restore harmony between the body, mind, and emotions by stimulating the body's energetic meridians to encourage the free flow of energy.
50 minutes \$90

Chiropractic Care

Give your spine a gentle adjustment to enhance the functioning of your nervous system and increase your capacity for self-healing.
30 minutes \$80

Health/Life Coaching*

Take home a personalized session with one of our professional coaches.

A focused **Health Consultation** answers specific questions about diet, lifestyle, and/or emotional health.
50 minutes \$140

Our **Life Coaches** will assist you in identifying goals and creating a plan to reach them.
50 minutes \$125

Yoga, Tai Chi, or Qigong One-on-Ones*

Calm and stabilize your body, mind, and emotions or take your practice to the next level with a private session personalized to your body and your needs.
50 minutes \$80, 80 minutes \$120

** SERVICES AVAILABLE BY REQUEST.*

ENERGY WORK

Energy Balancing

Release and redirect stagnant energy by balancing the network of energy that courses through the body and accelerate healing on all levels of your being.
25 minutes \$55, 50 minutes \$85

Reiki

Discover a deep state of tranquility and healing as your energy is guided, through gentle touch, to release stress on all levels.
25 minutes \$45, 50 minutes \$75, 80 minutes \$110



Treat Yourself Today

WELLNESS CENTER POLICIES

Our reservations staff is ready to help you find the perfect treatment. Appointments are available from 9:00 a.m. to 9:30 p.m., so you won't miss a moment of your workshop, meals, or other Omega events.

Phone

800.954.0082
845.266.4444, ext. 575

Email

FeelGood@eOmega.org

Phones are open 8:00 a.m.-8:00 p.m. every day.

On Campus

Make a reservation at the Main Office Wellness Desk or the Omega Wellness Center, or from the Guest Services courtesy phone (ext. 575).

Payment & Gratuities

A major credit card must be provided at the time of reservation to guarantee your appointment(s). Your card will be charged prior to your appointment(s). Gratuities are not included in the price of your service, but can be added at any time.

Cancellation Policy

Refunds are not provided for appointments that are cancelled with less than 24 hours notice, or for any missed appointments.

Arrival & Location

Please arrive 5-to-10 minutes before your scheduled appointment. We are unable to make up for lost time if you arrive late. Please check your itinerary for the exact location of your service.

Children & Teens

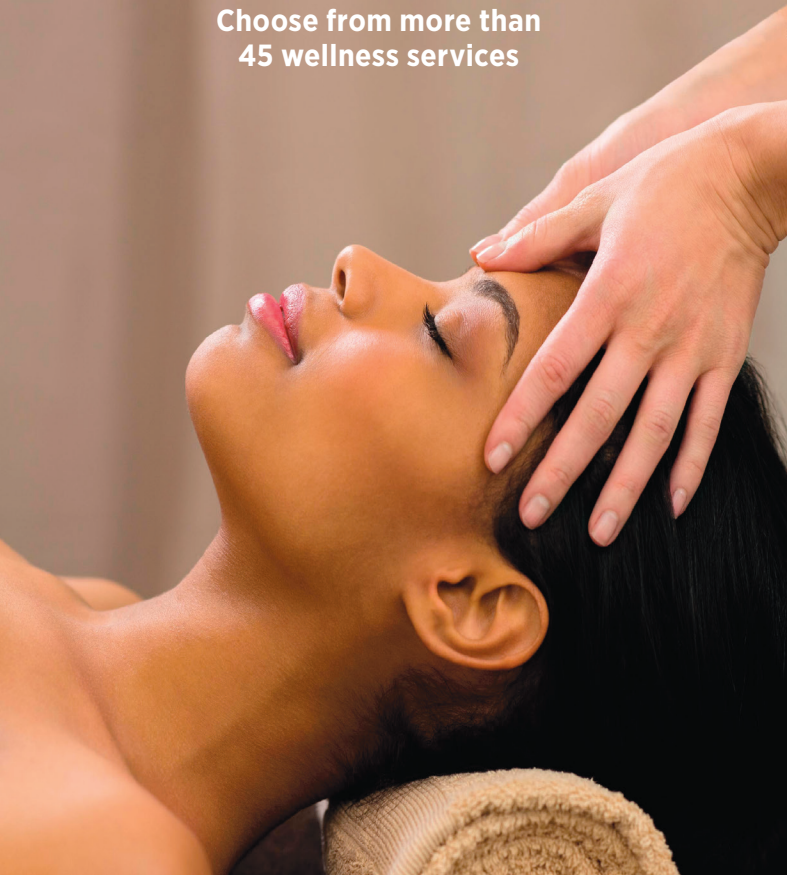
Some services are also available for children and teens. Call for availability.

OMEGA
eOmega.org/FeelGood



FEEL
GOOD

Choose from more than
45 wellness services



OMEGA
WELLNESS CENTER

eOmega.org/FeelGood
800.954.0082

FIND THE PERFECT TREATMENT FOR YOU

We'll make sure you don't miss a moment of your workshop, meals, or other Omega events.

With more than 45 services to choose from, our Wellness Center offers a wide range of options designed to help you on your path to a healthy life. Pamper yourself, relax and renew, or dive deeper into your healing journey.

Our reservations staff will help you find the perfect treatment. Appointments are available throughout the day and evening, including meal times, so there's sure to be a time that works for you. Visit us and remember what it's like to feel good!

MASSAGE

DEEP TISSUE WORK CAN BE ADDED TO MOST MASSAGE SERVICES FOR AN ADDITIONAL FEE.

Therapeutic Massage

Relax your body and mind, and stimulate circulation with a light to moderately deep massage.
25 minutes \$60, 50 minutes \$90, 80 minutes \$130

Deep Tissue Massage

Release tension held in your muscles and tissues with a deep massage that leaves you feeling relaxed and invigorated.
25 minutes \$65, 50 minutes \$100, 80 minutes \$150

Aromatherapy Massage

Breathe in the relaxing and healing scents of custom-blended essential oils during this therapeutic massage.
25 minutes \$65, 50 minutes \$95, 80 minutes \$140

Energy Work & 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 \$90, 80 minutes \$135

Heart of the Lotus—An Omega Signature Treatment

Pamper yourself with this luxurious full-body dry exfoliation followed by a full-body massage that includes a hydrating 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 \$160

Back to Basics

Target muscles in the neck, shoulders, and back to release tension where it commonly accumulates.
25 minutes \$55, 50 minutes \$85



Tip Top Toe

Stimulate your body through acupressure and massage on your head, neck, shoulders, hands, and feet. You may opt to wear comfortable, loose-fitting clothing.
25 minutes \$55, 50 minutes \$85

Medical Massage

Address a specific injury or condition with this massage that uses a variety of techniques to target particular concerns.
25 minutes \$60, 50 minutes \$95, 80 minutes \$145

Pre- & Post-Natal Massage

Alleviate aches, tension, and swelling through this pampering massage for mothers-to-be and new mothers. Not available during first trimester.
25 minutes \$50, 50 minutes \$80, 80 minutes \$120

BODY THERAPIES

FOR THESE SESSIONS, PLEASE WEAR COMFORTABLE, LOOSE-FITTING CLOTHING.

Body Tuning®

Decrease pain and increase range of motion through a combination of orthopedic physical therapy, medical massage, remedial exercise, and other modalities.
25 minutes \$65, 50 minutes \$105

Craniosacral Therapy

Restore your vitality and release tension with this gentle treatment that follows the rhythmical flow of the cerebral spinal fluid, from the head to the sacrum. Does not include massage or strong muscle manipulation.
50 minutes \$90, 80 minutes \$135

Zero Balancing

Experience deep relaxation and a sense of well-being through this hands-on bodywork system that aligns your physical and energy bodies.
50 minutes \$85

ASIAN BODYWORK THERAPY

Shiatsu

Improve the flow of qi and support your body's healing through gentle stretches and pressure along the body's meridians. Shiatsu takes place on a futon mattress on the floor. Also available as Table Shiatsu. *Please wear comfortable, loose-fitting clothing.*
25 minutes \$65, 50 minutes \$95, 80 minutes \$140

Thai Massage

Welcome a deep stretch into your body with a combination of reflexology, gentle rocking, rhythmic compression, and yoga movements. Thai massage takes place on a futon mattress on the floor. *Please wear comfortable, loose-fitting clothing.*
50 minutes \$95, 80 minutes \$140, 110 minutes \$195

Amma Therapy

Rebalance your energy and restore physical well-being with acupressure point release and muscular release techniques.
25 minutes \$60, 50 minutes \$90, 80 minutes \$135

Tui Na

Heal your body naturally with this combination of meridian stimulation, deep tissue and sports massage, stretching, and other techniques.
25 minutes \$60, 50 minutes \$90, 80 minutes \$135

FOOTWORK

FOR THESE SESSIONS, PLEASE WEAR COMFORTABLE, LOOSE-FITTING CLOTHING.

Footloose

Increase circulation and rest tired muscles in your feet and calves through a kneading massage and gentle stretching.
25 minutes \$50, 50 minutes \$80

Happy Feet

Renew your feet with an exfoliating foot scrub, a hydrating massage with shea butter and essential oils, and warming therapy, plus a scalp and hand massage.
50 minutes \$100

Reflexology

Put your feet up and enjoy this targeted alternative medicine treatment that addresses the entire body through gentle massage and acupressure on the feet.
25 minutes \$65, 50 minutes \$95, 80 minutes \$145



Find the Perfect Treatment



SKIN CARE/FACIALS

The Classic

Cleanse and restore your skin, melt away stress, and reduce tension with this European facial. Includes a face, neck, and shoulder massage.
50 minutes \$100

Saving Face

Rejuvenate, refine, and lift fatigued skin and a lackluster complexion with a healing antioxidant vitamin C serum and mask, and head, neck, and shoulder massage.
50 minutes \$120

You Glow Girl

Reveal a younger looking face with this mild glycolic blend that penetrates through the skin's surface and removes layers of dull, damaged skin, stimulating cell regeneration.
50 minutes \$120

Let Your Light Shine

A truly luxurious experience, this combination service includes one of our signature facials along with a massage that focuses on your head, neck, shoulders, hands, and feet.
80 minutes \$160

Rugged Rejuvenator

Designed specifically for men, this deep cleansing and nourishing facial soothes the skin and refines pores. Includes a head, neck, and shoulder massage.
50 minutes \$100

HENNA

Henna (Mehndi) Body Art

Celebrate your body with a temporary henna tattoo, a reverent expression of your beauty and spirit.
10–15 minutes \$30, 20–30 minutes \$60, 35–45 minutes \$90, 50–60 minutes \$120