

HOTEL ON NORTH

IN ROOM SPA SERVICES

297 north street • pittsfield, ma • 01201 • 413.358.4741 • hotelonnorth.com

MASSAGE AND BODYWORK

ACUPUNCTURE* - 75 MINUTES/\$165

This ancient Chinese modality, endorsed by the National Institutes of Health, is useful in addressing problems such as musculoskeletal pain, arthritis, migraines, tension headaches, asthma, tendonitis and fatigue. A session with an acupuncturist helps balance the body's energy (chi), stimulates natural healing processes and provides a deep state of relaxation.

CLINICAL BODYWORK - 60 MINUTES/\$140

This session was designed so that you can get exactly what you want. Unlike a conventional full body deep tissue massage, our Clinical Bodywork session is designed for those who want specific issues addressed with focused and advanced techniques by a skilled therapist. The Clinical Bodywork session is perfect if you are seeking extensive work on your head, neck and shoulders, relief for plantar fasciitis, rotator cuff issues, migraines, tendonitis and many other common ailments that need particular attention.

COUPLES MASSAGE - 60 MINUTES/\$240

There is simply no better way to truly relax and indulge during your stay at Hotel on North than to enjoy an en suite massage side by side with your love. Couples can choose either Swedish or Deep Tissue style massage therapy. In addition, your therapists will let you choose from a selection of essential oils to blend with your massage and enhance your blissful experience even more.

CRANIAL SACRAL THERAPY* - 60 MINUTES/\$130

CST is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniocervical system – comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. Using a soft touch generally no greater than 5 grams, or about the weight of a nickel, practitioners release restrictions in the Craniosacral system to improve the functioning of the central nervous system. It has been described as a technique that goes deep into the nervous system that releases unseen patterns of tension and stress. It is especially good for headaches, migraines, TMJ, head pain, neck pain fibromyalgia and chronic stress.

DEEP TISSUE MASSAGE - 60 MINUTES/\$130 & 90 MINUTES/\$175

Deep tissue massage focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronic aches and pains and contracted areas such as stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders. Some of the same strokes are used as Swedish Massage, but the movement is slower and the pressure is deeper and concentrated on areas of tension and pain in order to reach the sub-layer of muscles and the fascia (the connective tissue surrounding muscles).

HAPPY FEET* - 50 MINUTES/\$95

Lets face it, our feet take a lot of abuse and rarely get the TLC they deserve. In this 50-minute session your therapist will squeeze, kneed and stroke your feet and calves into bliss.

POSITIONAL THERAPY* - 60 MINUTES/\$130

A gentle, effective therapy for the treatment of chronic and acute muscular pain and for increasing range of motion, this treatment includes careful observation and evaluation of posture followed by placing the affected muscles in a position of comfort for 90 seconds. When the pain vanishes from the tender point, the stressed tissues are felt to be at their most relaxed. Positional Release Therapy achieves its benefits by means of an automatic resetting of muscle spindles. Relief is immediate and long lasting. These techniques are very effective in the treatment of pain due to injury, stress, repetitive strain, postural distortion, and chronic neuromuscular conditions. Please wear loose, comfortable clothing.

SHIATSU MASSAGE* - 60 MINUTES/\$130

Shiatsu is based on the traditional Japanese technique meant to balance your "ki" or vital energy. It creates equilibrium between energy meridians, the breath, and the vital points along the body, encouraging your system to heal itself. Your therapist will focus on your body's acupuncture points (knees, elbows, fingers, feet, thumbs, etc.). Weight counterbalancing and stretching are combined with traditional massage techniques to improve flexibility, energy, circulation and postural integrity.

STRETCH ME* - 50 MINUTES/\$115

This session is designed for those who want to bring length and opening to their muscles. Your therapist will gently move your body and limbs into supported stretches giving you the chance to both let go and lengthen at the same time. Stretch Me also allows you to stretch areas of your body that are impossible to access without the assistance of a therapist. This session is great for those who always intend on stretching but never seem to get around to it as well as athletes.

SWEDISH MASSAGE - 60 MINUTES/\$105 & 90 MINUTES/\$150

Muscles, tendons, fascia and ligaments are carefully massaged to encourage relaxation during this ever-popular massage treatment. Your therapist will use his or her hands to relax your soft body tissue, reducing tension in the muscles, eliminating stress, reducing pain, and even improving sleep. Additional benefits include increased circulation, which helps oxygen reach your cells and clears toxins from your lymph nodes. Treat yourself to total relaxation.

THAI-YOGA MASSAGE* - 90 MINUTES/\$175

Some describe Thai Yoga Bodywork as having "yoga and massage done to you at the same time." The treatment involves stretching, acupressure and deep massage. This type of bodywork is excellent for athletes and anyone who wants to open and unwind their bodies. At the conclusion of the massage, clients report feeling more energized and ready for life. The massage recipient wears comfortable clothing and the work is done on a mat on the floor. The massage follows the Sen Energy lines on the body (the Sen are comparable to Chinese meridians).

PERSONAL INSTRUCTION

DUET YOGA - 60 MINUTES/\$160

Private Yoga Instruction for two.

GROUP YOGA* - CONTACT US

Private group yoga classes are great for special occasions such as: Birthday Celebrations, Bridal Showers, Wedding Parties and Office Parties. Our instructors will work with you to tailor the theme of the yoga class specifically for your group and create a phenomenal experience.

THE MELT METHOD* - 60 MINUTES/\$125

MELT is a Method of self-bodywork that uses specially designed foam rollers and balls to simulate the work of a massage therapist and teach you how to massage away your own aches, pains and imbalances. It is a brilliant complement to massage therapy, fitness and an active lifestyle. During this private session we'll create a custom sequence of techniques that address your particular issues that you can then practice at home for day-to-day wellbeing.

PRIVATE YOGA - 60 MINUTES/\$110

New to yoga or just looking to grow in your practice? Our expert instructors will provide you with a great experience and personalized attention to expand your practice while leaving you relaxed and refreshed.

POLICIES

HOW TO BOOK

Book with Reservations or dial 0 for the Guest Services Team and Front Desk

AVAILABILITY

* Services are subject to availability

CANCELLATION POLICY

Cancellations are allowed up to 24 hours before your service. Because your services are reserved just for you and no one else, full payment is required under the following conditions:

- Cancellations after the 24-hour period will be charged in full
- No-shows will be charged in full
- Late-arrivals will be charged in full

APPLICABLE EXCEPTIONS

- Severe illness
- Airline/rail delays
- Death in the family

RESCHEDULING POLICY

If you need to reschedule your appointment less than 24 hours before your service, we will make every effort to accommodate this but cannot guarantee your service. In addition, a \$25 rescheduling fee will be applied.



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