

## Wellness Services

MASSAGE THERAPY, REIKI, and REFLEXOLOGY to help promote balance, healing and relaxation, to alleviate stress. It also alleviates depression and anxiety symptoms.

### Providers

**Melanie R. Olivieri** is an RN, Reiki Master and Intuitive Healer certified in Thai techniques and Hatha yoga. She has been involved in and teaching intuitive healing for 5 years. An RN for many years, Melanie now works in non-traditional medicine using Holistic Intuitive and Thai massage along with various types of energy work to help her clients relax, de-stress, heal and stretch as an individual.

**Cassandra Joan Butler**, BSW, MS, LMT has over 15years experience offering clients a variety of medical massage modalities; chair massage, Reiki, Shiatsu, and reflexology. A Reiki master, Cassandra was the first to offer Reiki certification in a college setting. She has 10 years teaching massage, both at the collegiate level and for private certification.

**Cheryl Wilkins**, P.T.A., LMT has been a licensed massage therapist for 7 years providing massage in her private practice. She has been a Physical Therapy Assistant for 12 years. She integrates the use of stretching and exercise into her massage therapy sessions in order to promote healing and relaxation.

**Reiki (Ray-Key)** is a Japanese form of alternative healing where energy healing is radiated through the palms of the hands being placed near to the client to stimulate health and healing in you. This helps to restore the negative life energy into balance, destroying energy blockages and leads to relaxation.

**Reflexology is** a modality of massage which recognizes the interconnection of the reflex points of the hands and feet with the organs of the body. Reflexology is one of the holistic modalities, as, each point on the foot mirrors, or reflects the state of health within the person's body. The goal of treatment is to bring balance to the body overall by triggering self-healing. Only licensed health professionals can practice reflexology in New York State, after completing an extensive certification program in reflexology.

**Thai massage** is done fully clothed, lying on a mat on the floor and is like having someone do yoga on your body, stretching you to and slightly beyond your limits. As with life, Thai yoga can take you beyond where you imagine you can go. It is great for both athletes and non-athletes.

**Call Brightside Counseling Services at 783-0407  
to schedule your appointment today!**