

Brightside offers Massage Therapy/ Reiki

as a way to deal with stress, anxiety, depression
and to improve your overall well-being

15 min. therapeutic chair massage
30 or 60 min. massage therapy sessions
\$1/min.

Along with your basic massage modalities we also provide:

Thai Active Massage

Not your everyday relaxing massage.

Add massage with stretching & you have Thai.

It's kind of like having someone do yoga on your body.

This massage takes you to the edge of your range of motion &
encourages you to extend just a bit beyond.

Done fully clothed on a mat on the floor
these 90 minute sessions are great for athletes,
yoginis, golfers or anyone who wants to increase their flexibility
and range of motion. And the added plus –
it's all that and relaxing too!

Holistic Intuitive Massage

What does your body need today?

This type of massage session uses a mix of massage modalities,
reiki & aromatherapy to give you a massage tailored specifically
to you on any given day.

Reiki

Our bodies are energy, everything around us is energy. Sometimes energy
gets blocked, out of alignment, or we absorb energy that isn't serving us.
Using Reiki, with or without touch, a practitioner can help shift, unblock or
remove unwanted energy to help you live your life with less pain & more joy.

Brightside Counseling Services
3729 Union Rd.
Cheektowaga, NY 14225

Call 783-0407 to schedule an appt.