

Meet Our Massage Therapist

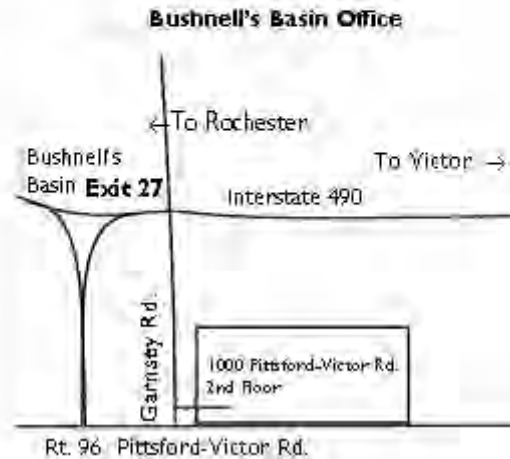


Aurora Stefan

Is a licensed massage therapist and a member of the Nurse-Healers Professional Associates International. She has her national certification for Therapeutic Massage and Bodywork and is certified in Mother Massage (Massage during Pregnancy and post partum time), Anma Shiatsu (based on acupuncture theory and Japanese massage techniques), and Fibromyalgia Massage.

Aurora also practices Reiki (a Japanese technique that promotes healing, stress reduction and deep relaxation. States Aurora "When I was a child growing up in Romania, my mother would give us massages frequently, so I have long recognized the benefits of massage." Aurora will customize a session to address the most important issues of each individual.

Our Bushnell's Basin Office is located at 1000 Pittsford-Victor Road. Exit Interstate Route 490 at Bushnell's Basin (Exit 27), turn left on Pittsford-Victor Road, proceed to first stop light at Gamsey Road, turn left on Gamsey. The office is immediately on your right.



ParkWestWomen's Health

1000 Pittsford-Victor Road
2nd Floor

Phone: 585-473-2846

A Lifetime of
Compassionate Care

Massage Therapy



ParkWestWomen's Health

Bushnell's Basin Office

585-473-2846

Therapeutic massage, in its many forms, has long been known to be an effective aid in the treatment of stress and its effects on the body and mind. Massage is known to increase circulation and flexibility and decrease pain and spasm. It can provide a sense of well being and promote physical and emotional healing. A growing number of experts recognize the value of relaxation techniques as an adjunct to infertility treatment.



ParkWest Women's Health is pleased to offer Massage Therapy Services to aid our patients in reducing and managing **the effects of life's stresses. Whether you desire help with the discomforts of pregnancy, need relief from the emotional stress related to infertility, would like assistance with the "aches and pains" of aging or are just feeling "stressed out" in general, let us help to minimize the effects by scheduling a therapeutic massage for you. We offer a full range of therapeutic massage, including pregnancy and post partum massage, geriatric massage, hot stone massage, and deep tissue massage.**

Swedish Massage

A relaxing whole body massage which helps relieve stress while improving circulation.

Hot Stone Massage

Utilizes relaxing effects of heat to muscles and nervous system. Heated stones are placed on key areas or lubricated with oil and used to massage away tension.

Geriatric Massage

Geriatric massage will be customized to individual needs. This technique can improve circulation, flexibility, balance and posture. It can help to reduce arthritis pain and provide a heightened sense of well being.

Deep Tissue Massage

Deep tissue massage is a more focused technique utilizing direct pressure or friction applied across the muscle fiber and deep into the connective tissue. The technique is applied with the finger, thumb, or elbow and the main purpose is to relieve chronic pain and inflammation.

Anma Shiatsu

Shiatsu Anma is a Japanese technique which combines modern pressing techniques of Shiatsu with traditional Japanese form of massage. Shiatsu is based on acupuncture theory and Japanese massage techniques.

Fibromyalgia Massage

Fibromyalgia is a widespread and debilitating musculoskeletal pain and fatigue. Sufferers of fibromyalgia, often experience sleep disorders, morning stiffness and IBS.

Massage Therapy is becoming more and more popular in treating fibromyalgia by reducing pain and stiffness, enhancing relaxation and increasing mobility.

Pregnancy Massage

Pregnancy massage offers an opportunity to produce deep relaxation in preparation for delivery. It can improve flexibility, reduce fatigue and improve circulation.

Post Partum Massage

Post partum massage helps stimulate uterine involution to its normal state, promote emotional and physical healing, provide relief from muscle soreness and post partum "blues" and tone overstretched skin on the abdomen.

Reiki

Reiki is a Japanese technique that promotes healing, stress reduction and **deep relaxation by simply placing one's hands on oneself or another person, allowing the energy to flow.**



Scheduling Appointments

To schedule your appointment, call (585) 473-2846 or stop at the desk while you are in for your regularly scheduled visit.

Rates per 50 Minute Session

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|----------------------------|-------|
| Swedish Massage | \$65 |
| Hot Stone Massage (75 min) | \$100 |
| Geriatric Massage | \$65 |
| Deep Tissue Massage | \$85 |
| Anma Shiatsu | \$65 |
| Fibromyalgia Massage | \$65 |
| Reiki | \$65 |