

Located in  
historic Oyster Bay Village  
on the beautiful North Shore of Long Island,

**QWellness**  
**Massage Therapy Studio**

is your destination for personalized service  
in a tranquil, inviting, healing treatment setting.



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**Suzanne Lang, LMT** is a graduate of  
The New York College of Health Professions.

Certifications in:

Reflexology, Natural Facelift Massage &  
Clinical Aromatherapy.

**QWellness**  
**Massage Therapy Studio**

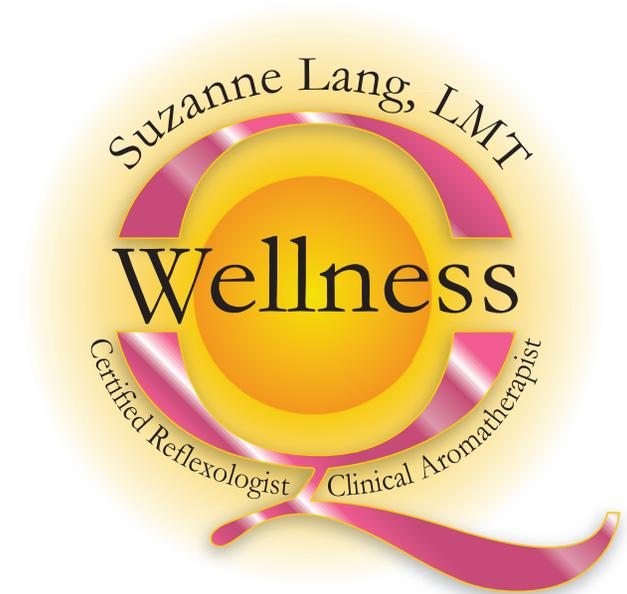
21 Walnut Place  
Oyster Bay, New York 11771  
516.761.1115

**QWellnessMassage.com**

*By Appointment Only*

Member AMTA

**Quintessence**  
(kwin tes'ns)  
the perfect type or  
example of something



**Massage  
Therapy**



**QWellnessMassage.com**

**Q**ueue (kyoō)  
a line, as in persons  
waiting to be served.

*...find wellness naturally*

## Massage...

Not just for relaxation,  
a healthcare alternative that  
helps relieve stress, improve  
mobility, promote better sleep  
and alleviate the pain and  
discomfort of a wide  
variety of conditions...

**60 & 90 minute treatments**

## Natural Facelift Massage™ ...

Say “no” to botox. **Say “yes” to no-tox.**

An alternative to invasive procedures  
and injectables., this massage stimulates  
blood flow, relaxes muscles, reduces the  
appearance of fine lines and refreshes  
skin. Noticeable, lasting results  
achieved in 6-10 sessions.

Learn more on our website.

**Packages available.**



Menu of  
**Massage  
Services**



**Q**uiet (kwīət)  
peaceful, relaxing

*...safe, alternative treatments*

Swedish Technique

Deep Tissue Massage

Acupressure aka Amma Therapy

Medical Massage

Reflexology

Natural Facelift Massage™

Aromatherapy

Chair Massage

Vacuum Cupping

Tuning Fork Therapy

## Reflexology...

The specialized technique of pressure to the  
feet and hands has beneficial effects on health  
in many ways. It can increase immunity,  
improved energy, ease stress and anxiety,  
reduce blood pressure and provide  
relief from congestion and pain.

It also stimulates circulation  
and internal organs.

**30 & 60 minute treatments**

## Aromatherapy...

Utilizing specific essential oils customized  
for your unique needs, aromatherapy can reduce  
anxiety, ease depression, boost energy levels,  
accelerate the healing process, relieve headaches,  
boost cognitive performance, induce sleep,  
strengthen the immune system, reduce pain,  
improve digestion, and increase circulation.

**Add to any massage treatment**

**Q**uell (kwel)  
to quiet, allay

**QWellnessMassage.com**