



**May is mySpa for the Cure Month!**



# The mySpa Oncology Massage Program

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mySpa at the InterContinental Miami is the only spa in Miami that provides oncology massage and skincare delivered by an on-staff certified oncology therapist.

## What is oncology massage?

It is massage therapy designed to reduce the stress and anxiety of people who are dealing with cancer and/or its treatments. The techniques enhance your healing; they don't stimulate tumor growth and don't harm you if you have a low immune systems or are recovering from surgery.

## What are the healing benefits of massage and skincare for cancer patients?

- Releases endorphins (feel-good hormones) in the brain
- Reduces muscle spasms and tension while increasing range of motion
- Decreases pain and anxiety
- Relieves nausea and fatigue (particularly during or after chemotherapy)
- Increases vitality to sensitive and stressed skin by restoring normal pH levels
- Supports a healthier immune system
- Improves your quality of life and well-being

## How is the myHealing Touch oncology massage different from other massages?

- Massage therapy is done outside of a clinical environment in a nurturing, relaxing spa setting
- We understand and have dealt with the emotional and physiological distresses cancer provokes
- The therapist will honor the patients body's healing processes by properly adjusting the technique, length of time and pressure applied so as to "do no harm"

As with most massages, it will be tailored to the individual. Through consultation we identify and work within a very specific clinical framework for people undergoing cancer treatment or recovery. Because touch therapies such as massage or skincare can sometimes cause significant changes to occur in the body we encourage patients to discuss their pain levels and stamina with the therapist.

# The myHealing Touch Menu

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## Intuitive Touch

Unlike traditional massage styles, oncology massage requires a deeper understanding of the body as it experiences on-going change. Your therapist may use a gentler touch, acupressure and energy work to relieve pain and stress while promoting better circulation and a deep sense of relaxation.

60m \$130

## Aromatherapy

Experience a deeper state of relaxation with the addition of natural essential oils which may relieve symptoms of nausea, fatigue, depression, and anxiety.

60m \$140

## Hand and Foot Massage with Warm Paraffin

Gentle manipulation of the energy points in the hands and feet provides total body relaxation. A warm paraffin immersion soothes joints and keeps skin hydrated. Ideal when other areas of the body are sensitive or there is difficulty lying down for extended periods of time.

60m \$130

## Stress Relieving Scalp Massage

Soothing acupressure and lymphatic massage of the scalp, face and neck offer relief from stress and tension.

30m \$65

## Restorative Facial

We use only natural skincare products specially formulated to treat skin sensitivities present during cancer treatment. Your completely customized facial includes cleansing, exfoliation, lymphatic massage, mask and moisturizer to nourish your skin and restore tone and radiance.

60m \$145

### FOR MORE INFORMATION

on the myHealing Touch program at mySpa Miami  
visit [www.mySpamiami.com](http://www.mySpamiami.com) or call 305-372-4444

## mySpa for the Cure Menu

20% of the proceeds will be donated to Susan G. Komen for the Cure Miami/Ft. Lauderdale Affiliate

### The Pink Cadillac

Like a calorie-free chocolate cake, this treatment is pure indulgence with none of the guilt! Relax and rejuvenate for a great cause with a custom myMassage, True Transformation Facial, Manicure, Pedicure and Body Wrap. \$350.

### Pink Ribbon Wrap

Pink kaolin clay is known for its ability to stimulate circulation to the skin while gently exfoliating and cleansing. It is a gentle clay, making it suitable for sensitive skin. Fight cellulite, detoxify and moisturize with this European treatment performed on our amazing HydroJet Bed. Your skin will be left softer and more luxurious to the touch than a delicate silken ribbon! \$110.

### Pink ManiCURE & Pink PediCURE

Have your hands and feet perfectly polished for the cause. Our Journey Manicure and Pedicure treatment uses eco-friendly and vegan Spa Ritual products. \$75.

### EpinkCUREan

Couple a gourmet indulgence and blissful massage when only the finest will do. Enjoy a luxurious myMassage customized to your preference followed by a glass of champagne and a gourmet Bissinger's Chocolate. A tasteful delight for the most discriminating palate! \$130.

## Participating mySpa for the Cure Retail Offers

10% of the proceeds will be donated to Susan G. Komen for the Cure Miami/Ft. Lauderdale Affiliate

### Clarisonic

Limited Edition "Hope" Mia Skin Cleansing System, Pink Mia, Pink Classic, Pink Plus. \$149 - \$195

### Bissingers Chocolates

Red High Heels filled with chocolates and Red Chocolate Hearts. \$3 - \$20

### COOLA Skincare

Organic physical and mineral sunscreens. \$8 - \$36

### mySpa for the Cure V-neck T-shirts

Limited Edition mySpa for the Cure v-neck pink or white shirts. \$25