

Health & Wellness Guide

A healthcare resource guide of member businesses in Greater Newburyport related to your well being, physical, emotional & spiritual needs.

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Ambulance Service

Action Ambulance Service
Christopher Palmer

844 Woburn Street
Wilmington, MA 01887

Phone: (978) 253-2628
Fax: (978) 253-2568
www.actionems.com

Full-service emergency and non-emergency medical transportation company providing service for more than 30 years. Action Ambulance Service is the largest accredited ambulance provider in Massachusetts.

Coaching

The Growth Coach
Keith Boudreau

6 Wildwood Street
Burlington, MA 01803

Phone: (781) 272-3235
Fax: (781) 272-3235
TheGrowthCoach.com

Offering exclusive programs to improve the businesses and lives of business owners, executives and professionals. We utilize a proven strategic process to help our clients achieve greater business success and more free time.

Isabella Associates

Jeanette Isabella
jeanette@jeanetteisabella.com

1 Lime Street
Newburyport, MA 01950

Phone: (978) 255-2498

www.jeanetteisabella.com

Motivationalist/coach to both businesses and individuals; hypnosis. Author of Someday is Here, a 30-day plan to move your personal and professional life forward.

JM Business Development Solutions

Jane Moran
jmbds@comcast.net

10 State Street
Newburyport, MA 01950

Phone: (978) 373-1317

Providing solutions focused on customer acquisition, growth and retention. Business development is an on-going process which involves people understanding your mission and empowering them to bring that mission to life. We help you do just that, increase revenues and maintain long term relationships through every stage of your business. "Begin Today to Ensure Tomorrow's Success"

Mel Nagler, Executive Coach

Mel Nagler
coachnagler@verizon.net

3 Market Street
Newburyport, MA 01950

Phone: (978) 462-3033
Fax: (978) 462-1999
www.coachnagler.com

Dr. Mel Nagler coaches small business owners, professionals, executives & managers, often at turning points in their careers. Areas coached include: setting & accomplishing personal & professional goals, improving productivity, managing conflict, and balancing work & personal life.

Potential Horizons Realized

Doris Roach
doris@dorisroach.com

4 Harding Avenue
Newburyport, MA 01950

Phone: (617) 694-2420

www.dorisroach.com

Through her continuing practice in diverse professional roles, Doris is equipped to partner with you and employ her passion for supporting personal and professional growth for individuals and organizations.

Health & Fitness

A to Z Method

Amanda Mulholland
info@atozmethod.com

40 Pleasant Street
Newburyport, MA 01950

Phone: (978) 518-0901
Fax: (800) 800-9052
www.atozmethod.com

A modern exercise studio created to transform the mind and body through a unique hybrid of strength training and stretching. Also offered at the studio are stretch and dance classes, massage and acupuncture and retail items such as Lululemon Athletica.

Health & Fitness

Fitness Together

Kristen Perry
ftnewburyport@fitnesstogether.com

80 State Street
Newburyport, MA 01950

Phone: (978) 961-0335
Fax: (888) 254-6209
www.ftnewburyport.com

One on one personal fitness training in private suites. We offer personalized programs based on your individual needs and goals. Nutritional counseling, cardiovascular conditioning and weight training is our three pronged approach. First session free.

Fuel Training Studio

Jeanne Carter
jj@fueltrainingstudio.com

3 Harris Street
Newburyport, MA 01950

Phone: (978) 463-3226
www.fueltrainingstudio.com

Offering personal training and group fitness classes. Indoors and outdoors. The indoor location is 3 Harris Street, Newburyport. Outdoor location is Newburyport's beautiful waterfront. Please check the website for class schedule and more info.

Latitude Sports Clubs

John Grossi

191 Elm Street, Rte. 110
Salisbury, MA 01952-1830

Phone: (978) 462-5662
Fax: (978) 465-0254
http://www.latitudesportsclubs.com

Fitness for the entire family. Amenities include raquetball, basketball, olympic size lap pool, state of the art virtual fitness planning. Women-only workout center, 80 plus group fitness classes per week, yoga, pilates, & much more....4 other locations: Methuen, Bradford, Peabody, and Andover; membership to one, includes all.

Natural High Fitness Club, Inc.

Nancy McCarthy
info@naturalhighfitness.com

50 Water Street, #406
Newburyport, MA 01950

Phone: (978) 499-0993
www.naturalhighfitness.com

A small boutique health & fitness club. Personal training is the prime focus with a multi-level membership option. Spinning, pilates, circuit training, kripalu yoga, stretch, and other specialized programs for sport are also offered in this beautiful rooftop setting.

Port Pilates Studio

Laurie Hayes
info@portpilatesstudio.com

54 State Street
Newburyport, MA 01950

Phone: (617) 571-8625
www.portpilatesstudio.com

Port Pilates Studio is a beautiful, calming, energizing environment filled with state of the art equipment. We offer pilates private training and small group classes on equipment. Pilates is an exercise program that works your deepest core muscles to stretch, strengthen, balance and tone your body. Our instructors are highly educated, skilled and trained, whether you are an exercise novice or a seasoned athlete, Pilates can work for you.

Racquet Club of Newburyport, Ltd.

Byron Matthews
nbptennis@verizon.net

178 Low Street
Newburyport, MA 01950-3519

Phone: (978) 462-3121
Fax: (978) 462-3121
www.racquetclubnbpt.com

A family oriented private tennis facility with 6 indoor courts. Memberships accepted; programs offered: leagues, clinics, private lessons & group lessons.

Healthcare Chiropractors

Dr. Jill Buschmann

Jill Buschmann
drjillbuschmann@aol.com

120 East Main Street
Merrimac, MA 01860

Phone: (978) 346-4211
Fax: (978) 346-4211
www.drjill.info

Drug free wellness chiropractic care for infants, children, adults, cats, dogs, & horses. Offering Shaklee products for better health-- safe for you, your home, your planet, www.shaklee.net/drjill

Healthcare Complete, P.C.

Dr. Jennah Dieter

260 Merrimac Street
Towle Building, East Lobby

Phone: (978) 499-9355
Fax: (978) 499-7808
www.healthcarecomplete.com

Healthcare Complete is an integrative wellness center offering gentle family chiropractic care for all ages, customized nutrition programs including weight loss & cleansing, massage therapy, therapeutic exercise, reiki/reflexology, yoga, pilates, and holistic psychotherapy. Healthcare Complete...Where Your Complete Health Matters!

Healthcare Chiropractors

Sucheckki Chiropractic

Colleen Sucheckki

sucheckkichiropractic@verizon.net

Our chiropractic services utilize the most modern techniques for correction of spinal problems. We offer effective & proven spinal rehabilitation focused on postural correction. Our services are avail. to individuals & families in our community whose health & well-being is compromised.

141 Bridge Road, Ste. 101

Salisbury, MA 01952

Phone: (978) 499-4800

Fax: (978) 499-4801

Videyko Chiropractic Office

Robert Videyko

sam@videykochiropractic.com

Dr. Videyko has advanced proficiency certification in many chiropractic techniques including Activator Methods, Sacro-Occipital Technique, and Total Body Modification. See our website for more details, conditions treated and other techniques utilized.

128 State Street

Newburyport, MA 01950

Phone: (978) 465-1500

Fax: (978) 465-7501

www.videykochiropractic.com

Healthcare Dentists

Dental Partners of Newburyport

Peter St. Clair

Dentist 8 am - 6 pm Mon-Thur

194 High Street

Newburyport, MA 01950

Phone: (978) 465-5358

www.dentalhealthforlife.com

James W. Koglin, DDS

James Koglin

koglinstaff@yahoo.com

Full service orthodontic care

26 Inn Street

Newburyport, MA 01950

Phone: (978) 465-5041

www.koglinorthodontics.com

Newburyport Dental Associates, PC

Gerald Hirsch

Family practice of general dentistry

37 1/2 Forrester Street

Newburyport, MA 01950

Phone: (978) 462-9611

Fax: (978) 463-1751

www.newburyportdental.com

Parker River Dental

Robin Davies

parkerriverdental@comcast.net

General family dentistry.

3 Kent Way

Byfield, MA 01922

Phone: (978) 255-1891

Fax: (978) 255-1863

www.parkerriverdental.net

James T. Quinn, DDS, PC

James Quinn, DDS

Dentistry for kids, adolescents and special needs.

253 Low Street Suite #5

Newburyport, MA 01950

Phone: (978) 462-5050

Fax: (978) 465-2195

J. Peter St. Clair, DMD, PC

J. Peter St. Clair

Providing excellence in comprehensive dental care.

151 Central Street

Rowley, MA 01969

Phone: (978) 948-2030

Fax: (978) 948-3920

www.dentalhealthforlife.com

Healthcare Holistic/Alternative Healing

Revitalise Health & Wellness, LLC

Anna Forkan

info@revitalivehealth.com

Holistic wellness center that offers healthy living foods cleanses, nutritional consulting, colon hydrotherapy, far infrared sauna, detox footbaths, raw foods to go.

128 High Street

Newburyport, MA 01950

Phone: (978) 462-1488

www.revitalivehealth.com

Healthcare Holistic/Alternative Healing

The Way To Balance, LLC
Sue & Aaron Singleton
info@thewaytobalance.com

21 Water Street
Amesbury, MA 01913

Phone: (978) 834-0341
Fax: (978) 834-0343
www.thewaytobalance.com

Center For Advanced Healing and Training Holistic healthcare center founded in 1993 offering multi-modality healing services, healing tools and natural health products. The center also provides training/workshops in a variety of modalities. Services include facials, whirlpool, bodywraps and other spa treatments with 100% pure botanicals, massage and integrative bodywork, cranio-sacral, hypno-, aroma-, and sound therapies, nutritional evaluation and consultation, medical intuitive readings, physical and emotional trauma release, and more. Products include our exclusive EOL aromatherapy, CD's, DVD's, net-neutral ionic healing jewelry and other healing tools, crystals, hand-painted silk scarves and capes, etc. For more information, visit www.TheWayToBalance.com. Full teaching and training schedule on-line. For wine enthusiasts, visit www.RingOfOden.com for details about our Net-Neutral Ionic Ring of Oden for Wine Aging and Flavor Optimization.

Healthcare Hospitals

Anna Jaques Hospital
Delia O'Connor
dcharavalloti@ajh.org

25 Highland Avenue
Newburyport, MA 01950-3894

Phone: (978) 463-1000
Fax: (978) 463-1248
www.ajh.org

Not-for-profit, 123 bed acute care community hospital with Level III trauma center, primary stroke service, total joint replacement program, cardiology, pain clinic, orthopedics and birth center.

Healthcare Lactation Supplies

The Pump Lady
Nancy Forristall

27 Pine Island Road
Newbury, MA 01951

Phone: (508) 648-9233
Fax: (978) 463-9238

Rent and sell hospital grade Medela breast pumps. Also sell a variety of nursing supplies, storage bags, maternity belts, bottle kits, etc. Because I am a home-based business, I am available almost all days and evenings.

Healthcare Mind-Body Wellness

Catherine Russell
Catherine Russell
restore@catherine-russell.com

PO Box 144
Newburyport, MA 01950

Phone: (978) 771-8448

www.catherine-russell.com

Specializing in stress and pain management through mind-body healing, mindfulness training, and other practical ways to help transform your overall health and well-being. Helping patients with pre-and post-operative recovery care. Over 25 years of experience in mind-body wellness. Located at Newburyport Medical Associates.

Healthcare Nursing Services

Angels at Home Healthcare
Kim Metcalf Richards

6D Winter Street
Newburyport, MA 01950

Phone: (978) 462-0209
Fax: (978) 462-0719

www.angelsathomehealthcare.com

Providers of skilled homecare services including nursing, rehabilitation and nursing assistants.

Best Home Care
Keri Sinclair

130 South Main Street
Middleton, MA 01949

Phone: (978) 774-2005

info@bestmakesithappen.com

www.bestmakesithappen.com

We are a private home health care agency dedicated to providing the best possible care. Owned and operated by nurses, Best Home Care understands the needs of our clients and their families. We realize that emergencies happen. Our clients know that we are on call 24 hours a day, 7 days a week. We only select the most qualified employees with the training and experience to provide the best care.

Country Rehabilitation & Nursing Center

180 Low Street
Newburyport, MA 01950-3519

Phone: (978) 465-5361
Fax: (978) 462-5607

Deb Szczygiel

www.countryrehab.com

123-bed skilled nursing center specializing in short-term rehab, Alzheimer's Disease, Hospice & Respite care and long-term care. Country Rehab is a Medicare and Medicaid Certified Center.

Healthcare Nursing Services

Home Health VNA 360 Merrimack Street, Bldg 9 Phone: (978) 552-4186
Beth Dimitruk Lawrence, MA 01843 Fax: (978) 552-4411
bethdimitruk@homehealthfoundation.org www.homehealthvna.org

Home Health VNA, a not-for profit home health care agency, is the regional leader in the delivery of home and community-based medical and supportive care to patients in the Merrimack Valley, Northeastern Mass. and Southern NH. Our highly skilled teams of home care professionals provide a wide variety of skilled nursing services designed to maximize health, independence and quality of life. We combine the latest in clinical skill and technology to deliver care with compassion, commitment, and the highest standards of excellence. In addition, we are focused on community health and committed to providing comprehensive health education and prevention service for elders, families, and children in our region.

Healthcare Optometrists

Appleton Eye Associates 39 Green Street Phone: (978) 465-8761
Kevin Gasiorowski Newburyport, MA 01950-2652 Fax: (978) 465-6228
appletoneye@yahoo.com
Eye doctor - optical sales - fashion frames - contact lenses - laservision consultation

Dr. Robin S. Blair, P.C. 18 Market Street Phone: (978) 465-3491
Robin Blair Newburyport, MA 01950 Fax: (978) 465-3922
robin.blair2@verison.net www.drblair.optometry.net
Full scope optometric services. Adults & Children eyecare, eyeglasses & all types of contact lenses. Treatment of eye disease & injury comanagement of laser assisted refractive surgery (LASIK).

Watts Eye Associates, LLC 33 Low Street Phone: (978) 462-2020
William Watts Newburyport, MA 01950-4048 Fax: (978) 462-4263
info@wattseye.com www.wattseye.com
Comprehensive eyecare. Low Vision Care. Vision therapy. Pediatrics. Emergency Care. Co-managed care plus contact lense care.

Healthcare Physical Therapy

Karen Holmes Physical Therapy, LLC 191 Elm Street Phone: (978) 499-1870
Karen Holmes Salisbury, MA 01952 Fax: (978) 499-1871
KARENHOLMESPT@COMCAST.NET www.karenholmespt.com
Physical Therapists owned private physical therapy practice located next to Latitude Sports Complex specializing in the treatment of orthopedic and sports injuries. See website for further information. www.karenholmespt.com

Healthcare Physicians and Surgeons

Black Bag Emergency Medical Consultants 29 Water Street Phone: (978) 463-3363
Newburyport, MA 01950
Christopher Sidford www.blackbag.biz
csidford@blackbag.biz

Black Bag is a private emergency medical consultancy for individuals, families, and corporate executives who travel the globe or own multiple properties. From the jungles of Colombia to the shores of Hong Kong, and points in between, we provide 24/7 telephone access to an experienced, board-certified Emergency Medical Physician in the event you face a medical emergency far from home or in your hometown.

Cornerstone Family Practice 303c Haverhill Street Phone: (978) 948-3902
George Papanicolaou Rowley, MA 01969 Fax: (978) 948-7530
www.cornerstone-ma.com

Cornerstone Family Practice is committed to serving families with comprehensive healthcare in one convenient location. Our practice philosophy centers on one simple but powerful ideal: to care for people the way we would want to be cared for ourselves.

Healthcare Physicians and Surgeons

Lower Merrimac Valley Pho., Inc. 18 Highland Avenue, 2nd Floor Phone: (978) 462-2345
 Matt Whalen Newburyport, MA 01950 Fax: (978) 462-4596
 www.lmvpho.com

An association of independent practitioners.

Healthcare Recovery/Substance Abuse

John Ashford Link House, Inc. 197 Elm Street Phone: (978) 462-0787
 Nicholas Costello Salisbury, MA 01952 Fax: (978) 462-0735
 www.linkhouseinc.org

Four group recovery homes, including Link House in NBPT offering men suffering from addiction a safe place to begin healing of mind, body & spirit; Maris Center in Salisbury for women who struggle with alcoholism & drug addiction; Progress House & The Elms both located in Amesbury to help men transition into independent living while remaining abstinent from drugs & alcohol; & Moore's Way in Gloucester offering housing for men & women with a history of substance abuse problems.

Healthcare Therapists/Psychological Services

Joan C. Atkinson LICSW DCSW 23 Green Street Phone: (978) 465-5516
 Joan Atkinson Newburyport, MA 01950
 jcatkinsonlicsw@comcast.net

Psychotherapist in private practice. Specializing in performance enhancement, stress reduction and trauma resolution. Trained in EMDR, hypnosis and coaching.

Sandra A. Clark, MSW, ACSW, SCSE, BCD, CFCH 44 Merrimac Street, 3rd Floor Phone: (978) 462-4904
 Newburyport, MA 01950 Fax: (207) 439-5149
 Sandra Clark

As a licensed psychotherapist, Sandra Clark works with individuals, couples, families, adults and adolescents coping with the problems and transitions of today's world, relationships, marriage, parenting, loss, death, abuse, caregivers, women's issues, stress & depression.

Cognitive & Behavior Therapies 150 Merrimac Street Phone: (978) 462-8160
 Ron Longpre Newburyport, MA 01950 Fax: (978) 358-0037
 rlongpre@worldpath.net

Pre-employment psychological screening and fitness for duty exams for public safety agencies and employers with high security/safety needs. Dr. Longpre also provides treatment for stress and anxiety disorders, such as PTSD and OCD.

Sally McCue, LICSW 51 Pleasant Street Phone: (978) 835-7717
 Sally McCue Newburyport, MA 01950 Fax: (978) 462-4327
 sallymccue@aol.com

Psychotherapist in private practice. Specializing in couples therapy and relational issues; recovery from grief, loss & trauma; and the creation of healthy life transitions. Trained in the tradition of clinical social work and incorporating holistic perspectives. See full profile by searching "Find A Therapist" at www.psychologytoday.com

Healthcare Whole Food Nutrition

The Shake Station 20 Unicorn Street Phone: (978) 462-1007
 Gail Hedberg Newburyport, MA 01950 Fax: (978) 465-5893
 info@theshakestation.com www.theshakestation.com

Healthy meal replacement smoothies (under 220 calories), energy packed green tea, wellness and weight loss coaching. Group nutrition classes & weight loss challenges. Lunch & learn - we provide sample smoothies and teach a 20 minute nutrition class. Learn how improved nutrition can improve productivity.

Massage

Massage

Essential Living 16 Harris Street, Apt. 1 Phone: (978) 837-1709
 Jack Barakitis Newburyport, MA 01950
 appts@essential-living.biz www.essential-living.biz
A husband and wife team offering couples in home massage therapy treatments, classes in massage for couples, personal development and alternative healing methods.

Grateful Spirit Massage 55 Pleasant Street Phone: (978) 604-2551
 Kristin Harrison Newburyport, MA 01950
 kristin@gratefulspiritmassage.com www.gratefulspiritmassage.com
Offering Holistic Massage...Swedish-based style blending hot stones, soothing aromatherapy and the healing energies of Reiki to nurture one's body, mind & spirit. Ahhh....Serenity Now! Grateful Spirit Massage also offers therapeutic massage for oncology and fibromyalgia support.

Keller Therapeutics 14 Fruit Street Phone: (978) 465-5111
 Robert Keller, MS NCTMB Newburyport, MA 01950 Fax: (206) 202-3534
 bob@bktherapy.com www.kellertherapeutics.com
Our practice specializes in relieving pain and numbness, increasing range of motion, and improving muscle function. Myokin (the Myokinesthetic System) is the leading edge of a new era in pain relief: it's fast, low cost, and medication-free. For appointments or more information, please call 978-465-5111.

Soul Serenity Wellness Spa 24 Vernon Street Phone: (978) 463-2828
 Kathy Peabody Newburyport, MA 01950
 peabodykl@yahoo.com
Healing Essential Arts Venue for Education in Newburyport. Offering classes, treatments, readings and an inspirational gift store in a beautiful, tranquil setting with plenty of free parking. Also home to Sole Oasis, a Spa for Body, Mind and Spirit.

Imagine there is a place where you can go to have a massage, take a class, receive an intuitive reading or shop for inspirational gifts and books. Imagine that this place is so serene and tranquil that you feel better by just walking through the door. Imagine that there is plenty of free parking and no snow drifts to climb over. Such a place does indeed exist! It is called HEAVEN and you can find it in the Towle Building at 260 Merrimac Street, the Courtyard Entrance, first floor.

The Way To Balance, LLC 21 Water Street Phone: (978) 834-0341
 Sue & Aaron Singleton Amesbury, MA 01913 Fax: (978) 834-0343
 info@thewaytobalance.com www.thewaytobalance.com
Center For Advanced Healing and Training Holistic healthcare center founded in 1993 offering multi-modality healing services, healing tools and natural health products. The center also provides training/workshops in a variety of modalities. Services include facials, whirlpool, bodywraps and other spa treatments with 100% pure botanicals, massage and integrative bodywork, cranio-sacral, hypno-, aroma-, and sound therapies, nutritional evaluation and consultation, medical intuitive readings, physical and emotional trauma release, and more. Products include our exclusive EOL aromatherapy, CD's, DVD's, net-neutral ionic healing jewelry and other healing tools, crystals, hand-painted silk scarves and capes, etc. For more information, visit www.TheWayToBalance.com. Full teaching and training schedule on-line. For wine enthusiasts, visit www.RingOfOden.com for details about our Net-Neutral Ionic Ring of Oden for Wine Aging and Flavor Optimization.

Pharmacies

Daniel L. Lynch Pharmacy 171 High Street Phone: (978) 462-2232
 Louis Andriotakis Newburyport, MA 01950-3961 Fax: (978) 463-0432
Compounding specialists, specializing in "custom-made" medication and home healthcare hospital supplies, wellness center, a natural apothecary store.

Professional Organizers

Piece of Mind 15 Philbrick Street Phone: (978) 388-5356
 Jennifer Caddigan Groveland, MA 01834
 jennifer@pieceofmindorganizing.com www.pieceofmindorganizing.com
Organizing service that assists individual or businesses to eliminate clutter, free up time & space and create a more efficient lifestyle. Organizational systems are put in place tailored to each individual's needs to help maintain order and achieve Peace of Mind!

Salon & Day Spa

Atlantis

Elizabeth Schofield

Phone: (978) 465-9861

Fax: (978) 465-4193

www.atlantissalon.net

Hairdressing Mon-Sat

The Cutting Room Spa

Gabriela Varoudakis

ggvv101@verizon.net

92 Pleasant Street
Newburyport, MA 01950

Phone: (978) 462-3812

Fax: (978) 462-5837

www.thecuttingroomspa.com

A full service European salon and spa offering the most innovative and creative hair design techniques using Goldwell color. Also offering massage, dermo-corrective & holistic skincare, waxing & nails. We're also a full service retail center for the following lines: Bumble & Bumble, GM Collins, Sundari, OPI, The Balm, Blinc, Duwop.

Interlocks Salon & Day Spa

Ginny Eramo

info@interlockssalon.com

58 Merrimac Street
Newburyport, MA 01950--2576

Phone: (978) 465-3010

Fax: (978) 462-6848

www.interlockssalon.com

8-time award winner as one of the Top 200 Salons in America, Best of Boston awards in 2003 & 2004, Best of NorthShore awards in 2007 2008, 2009. Seven board-certified haircolorists on staff - more than any salon in the U.S.! Interlocks offers hair, skin, nail and spa services through an internationally trained staff of licensed & certified professionals. The spacious retail boutique offers spa, beauty and gift items from around the world, along with Paula Dorf and NARS Cosmetics.

Skyy Salon & Spa

Ann Marie Lewis

102 Bridge Road
Salisbury, MA 01952

Phone: (978) 462-2300

Fax: (978) 462-8003

www.skyysalonspa.com

Full service salon & spa. Hair, skin, nails, hair removal, massage.

Spa Paradiso and Salon

Sharon Pattullo

spaparadiso@verizon.net

18 Titcomb Street
Newburyport, MA 01950

Phone: (978) 462-5530

Fax: (978) 462-6206

www.spaparadisoandsalon.com

Offering a holistic approach in a relaxing home-like environment. Massage, hair, nail and skin care. Featuring the finest products, cutting-edge design, and a professional caring staff. Convenient off-street parking.

Tish Hair Studio and Pamper Parlor

Tish McGinn

Phone: (978) 465-8633

www.tishhairstudio.com

One of downtown Newburyport's hidden gems, as unique as the stylist and clientele. We invite you to experience the positive creative energy for all your creative needs.

The Way To Balance, LLC

Sue & Aaron Singleton

info@thewaytobalance.com

21 Water Street
Amesbury, MA 01913

Phone: (978) 834-0341

Fax: (978) 834-0343

www.thewaytobalance.com

Day Spa Services include various massage and bodywork modalities, 3-hour packages and a la carte facials, salt glow, sea algae wrap, light and sound therapy, aromatherapy, steam cabinet, whirlpool, oxygen or mineral baths, etc. Designed for healthy living and stress relief with 100% pure botanicals. All our products are chemical-free, for deep cleansing, moisturizing and repair, as well as detoxification from radiation and chemotherapy treatments. View details on-line at www.TheWayToBalance.com, under Spa, Hydrotherapy and Wellness Services. We also offer Meridian Stress Assessment Technology for health assessment and nutritional consultation, as well as high quality food-based supplements and herbal protocols.

Yoga

Bikram Yoga Seacoast

Jan Allen

Crossroads Plaza, 6 Merrill St.
Salisbury, MA 01952

Phone: (978) 465-1727

www.bikramyogaseacoast.com

We offer a 90-minute series of 26 postures done in a room heated to 105 degrees. It stretches and works every muscle, joint and ligament in the body! Come sweat it out at our grand opening this September!

Yoga

KidsYoga with Alison Jones

Alison Jones

10 Rogers Street
West Newbury, MA 01985

Phone: (978) 463-0650

Fax: (978) 499-9046

www.kidsyoga.net

KidsYoga with Alison Jones offers on-going classes for ages 3 - adult and specialized workshops. Alison is a registered yoga teacher and certified YogaKids facilitator. Her approach to yoga includes fun postures, calming and stress-reducing breathwork and hands on adjustments in a supportive and nurturing environment.



Greater Newburyport Chamber of Commerce & Industry

38R Merrimac Street, Newburyport, MA 01950

Phone: 978-462-6680

Fax: 978-465-4145

www.newburyportchamber.org

info@newburyportchamber.org

Members as of: 09/08/2009