

# Chiropractic Care

## What is Chiropractic?

Chiropractic is a total approach to health. The science of chiropractic emphasizes the relationship between the Nervous system and the structural system of the body. Correcting spinal misalignments, called subluxations, is for the purpose of relieving disorders of the human body and the prevention of disease. If there is a problem or abnormality of relationship between these systems, there may be a problem that manifests as discomfort, pain, or other symptoms.

## What Conditions Do Chiropractors treat?

- ✔ Headaches including migraines.
- ✔ Allergies
- ✔ Back pain and other types of pain located in the neck, arm, hands or shoulders; facial and head pain; also hip, leg or foot pain.
- ✔ Numbness and tingling (parasthesia)
- ✔ Herniated Disc and Sciatica.
- ✔ Whiplash
- ✔ Sports and other acute injuries, falls, sprains and strains.
- ✔ Job Related Injuries.
- ✔ Carpal tunnel, bursitis.
- ✔ Systemic and skeletal illnesses that involve the nervous system.

**Chiropractic focuses on maintaining optimal health naturally so the body is better able to resist disease, rather than simply treating the symptoms of disease.**

Your guide to optimal health

# For Your Information

## Office Hours

Spa therapies available by appointment only.

### Doctor Roger Mercaldi –

Mon-Thurs 8:30-12:00 & 3:00-6:00,  
Fri. 8:30-12:00

## Directions

**From I-95 South** – Take 128 North to exit 15 School St. Follow directions below.

**From School Street** – exit 15 off 128 North-Continue off exit towards Manchester to the end. Take a left onto Union Street. Seaside Wellness and Spa is on your left before road takes a sharp right into center of town.

## Gift Certificates

Available on premises, by phone or mail order. We are pleased to customize a day of elegance to fit your request.

## Payment Policy

Cash, Check, Visa, MC, American Express.  
Chiropractic care – Most insurances accepted including all Blue Cross and Blue Shield plans.

## We also offer

Soul parties, ladies night out, wedding day services custom packages and off premises massage.

## Products

A luxurious line of skin care products available on premises.



**40 Union Street  
Manchester, MA 01944**

**978-526-8400**

**[www.seasidewellnessandspa.com](http://www.seasidewellnessandspa.com)**

## Dr. Roger Mercaldi III

Dr. Roger Mercaldi, graduate of Palmer College of Chiropractic (leading and founding educational institute of Chiropractic practice), has aided clients throughout the Northshore in the successful treatment and prevention of disease.

### Chiropractic Care May Include:

- ✔ State of the art computerized diagnostic evaluations
  - ✔ Electrical muscle stimulation
  - ✔ Modalities
  - ✔ Neuromuscular Therapy
  - ✔ Specific hands-on spinal & extremity adjusting
  - ✔ Individualized rehabilitative exercises
- \*\* Most Health Insurance Accepted  
Please Inquire

*The Insight Millennium* ~ Computerized state-of-the-art technology that evaluates and detects nerve interference and muscle imbalances. This may be the cause of many common ailments.

### ~ Spa Packages ~

Purchase any 5 Spa Treatments ~  
~ **5.00 OFF EACH**

Purchase any 10 Spa Treatments ~  
~ **10.00 OFF EACH**

## Seaside Spa Treatments

### ~ Massage Therapy ~

Choose from any or a combination: Swedish, Sports Massage, Trigger Point, Therapeutic / Deep Tissue, Reflexology, Pre / Post Natal.

*Swedish* ~ A full body massage to enhance circulation, induce total relaxation of the body and relieve stress through rhythmic strokes and movements.

*Sports Massage* ~ Swedish movements are used along with pressure techniques to prevent injury, improve performance and aid in recovery.

*Therapeutic / Deep Tissue Massage* ~ Aims to release chronic patterns of tension and remove toxins in the body through slow strokes and deep pressure thus relaxing and soothing the muscle.

*Reflexology* ~ Gentle thumb and finger techniques are applied to areas of the feet that reflect the body's organs, glands and systems.

*Pre/Post Natal* ~ Massage pressure is adjusted for any stage of pregnancy. Uses mainly Swedish techniques and "mom" is always positioned comfortably. Helps to ease leg cramping, increase circulation and decrease low back discomfort.

**Massage Pricing ~**  
30 MIN ~ 50.00  
60 MIN ~ 80.00  
90 MIN ~ 110.00

*Couples Massage* ~ **140.00**

*Chair Massage* ~ Performed on or off premises, this is a perfect form of therapeutic touch for employees, office parties or those on the go.

### ~ Facial Therapy ~

*The Spa Facial* ~ A European facial performed with or without enzyme. A deep cleansing and exfoliating treatment combined with a soothing facial massage to increase circulation, hydrate and nourish the skin for a radiant and revived glow. **75.00**

*Teen Facial* ~ A purifying facial that addresses the specific needs of teenage skin. Involves appropriate skin care tips. **65.00**

*Back Facial* ~ Includes cleansing, exfoliation and moisturizing that reveals clear, healthy skin. This treatment is followed with a soothing back massage. **65.00**

*1/2 Hour Mini Facial* ~ a great introduction to the benefits and feeling of healthy, radiant skin. **50.00**

*The Great Escape* ~ The ultimate Spa treatment combining a 1/2 hour facial followed with a 1/2 hour relaxing upper body massage. **80.00**

### ~ Age Management Facials ~

*Collagen Blanket* ~ This deeply hydrating facial provides intensive coverage of collagen to the entire face to battle the signs of aging and revitalize your skins nutrition. **75.00**

*Vitamin C* ~ This treatment promotes collagen production, helps to diminish fine lines, and evens out skin tone. **75.00**

*Glycolic Treatment* ~ Use of glycolic aides in the resurfacing of your skin including diminishing of fine lines and lightening of hyperpigmentation. **75.00**

### ~ Waxing ~

Lip	<b>10.00</b>	Back	<b>60.00</b>
Eyebrow	<b>15.00</b>	Underarm	<b>15.00</b>
Bikini	<b>18.00 &amp; up</b>	Half Leg	<b>30.00</b>
		Full Leg	<b>60.00</b>