



Scarsdale Wellness Center

A Place for Healing the Mind and Body

Women's health is a priority at The Scarsdale Wellness Center. We focus on helping others take care of their health from the inside out. If you feel good on the inside then that will reflect how you look on the outside. Healing your body, mind, and spirit, as well as improving your physical appearance is an integral part of feeling balanced in your every day life. All our services offer women an opportunity to help improve their self image and outlook on life.

Our healthcare professionals are warm, caring and dedicated, striving to make you more comfortable on your journey toward health and happiness. The Wellness Center is conveniently located in the Scarsdale Executive Building, 531 Central Park Avenue, Suite 304, Scarsdale New York. We offer a wide range of services:

CHIROPRACTIC

Michael Bard, DC

- Family Chiropractic Care
- Structural evaluation of children, adolescents and adults
- Nutritional Counseling - Evaluation and Support

For more information contact Dr. Bard at (914) 722-0982 or email scarsdalewc@aol.com

ACUPUNCTURE

Andrea Zimet (L.Ac.)

- Specializing in Reproductive Medicine and Infertility
- Acupuncture can improve sleep, increase energy
- Improve vitality and concentration, overall sense of wellbeing

For more information contact Andrea (914) 472-2600 or go to www.scarsdaleacupuncture.com

ELECTROLYSIS

Caroline DelJuidice, CPE

- Safe, permanent hair removal/all skin & hair types
- Enhance appearance, refresh self confidence and image
- Psychological improvement & feel beautiful all over

For more information contact Caroline at (914) 713-0926 or go to www.electrolysisbycaroline.com

CHIROPRACTIC/MASSAGE THERAPY

Maxine Helman, DC, LMT

- Deep Tissue Massage, Sports Massage, Pregnancy Massage
- Activator Certified Chiropractor
- Treatments include chiropractic and massage

For more information call Dr. Helman at (914) 722-7688 or email drmaxinedc@aol.com

WELLNESS & INTEGRATIVE COGNITIVE BEHAVIORAL THERAPY

Merrill Black, LCSW/Reiki Master

- Treating children, adolescents, and adults
- Specializing in Anxiety Disorders and Hypnosis
- Reiki (Healing and balancing chakras)

For more information contact Merrill at (914) 722-1989 or go to www.healyourlife2day.com

TAI CHI CHUAN

Jose Erezuma

- Promotes physical health and mental wellbeing
- Improves balance, coordination, strength and flexibility
- Enhances and supports the natural function of the body's immune system through relaxation therapy

For more information go to www.wutangschool.com or call (914) 722-0982

Look & Feel Beautiful All Over

Electrolysis

Permanent Hair Removal



Caroline DelJuidice, CPE
Board Certified Electrologist
531 Central Park Avenue, Ste. 304
Scarsdale, New York 10583

914.713.0926

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