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Sacred Hands Massage & Wellness Center

*Heritage Place, 719 Front Street, Suite 107,
Woonsocket, Rhode Island 02895
401-769-HAND (4263)*

Relax at the plush Sacred Hands wellness center

WOONSOCKET – The music is soothing, the staff is welcoming and there's an herbal scent in the air.

This is Sacred Hands, a unique wellness center in Woonsocket's Heritage Place, 719 Front St., that's dedicated to massage, skin care, laser hair removal – and most of all relaxation.

Deborah Lefort, certified license massage therapist, is the owner of this unexpectedly spacious center of more than 2,000 square feet of treatment rooms painted in warm colors pulled from a southwestern palette of cinnamons, blues and greens accented with plants and trickling fountains.

Look around, too, for statues and pictures of the playful Kokopelli, the southwestern Native American god of fertility. Deborah welcomes the character as a symbol of renewal that her clients experience here.

Deborah says she makes an effort through her décor and attitude to be sure men as well as women find the atmosphere welcoming.

"There's so much stress in the world. Come in and relax a bit, and know someone cares," Deborah suggests.

"We're very wellness oriented and we're different. We're not fast-paced. Our rates are very reasonable," she says.

She notes that what's very important to know about her center is "we're really very nice to people as we speak with them to discover their needs."

Even the waiting area of overstuffed, suede chairs is comforting.

If you've never before had a massage, here's the place to try it out.

Deborah says customers find her staff so friendly yet professional that they drive from around the region – one even comes monthly from Narragansett – to this center in a revitalized section of the city where an NHD hardware store stood for years.

She's hoping that interested folks will stop

by on Oct. 19 for her 2nd annual Santa Fe Day when tours and free massages and skincare demonstrations are offered, along with refreshments and raffles, in a fund-raising effort on behalf of area food banks.

Massage services offered by Sacred Hands include the energizing Swedish massage, pre and post-event athletic massage, reflexology to reduce pain and stimulate circulation, Reike healing to activate healing, hot stone massage, pre and post-natal massage to address the discomforts of pregnancy and enhance the new mom's emotional well-being.

Sacred Hands professionals will also personalize a body scrub to buff away impurities and create healthy looking skin.

Steam treatments will moisturize and hydrate with energizing herbs, provide detoxification and relieve joint and muscle inflammation, ease colds and allergies. There's even a peppermint mud soak to draw out toxins followed by cooling comfort.

Licensed esthetician Melissa Berthiaume provides skin care services that include

customized corrective facials to restore, nourish and promote a smoother skin.

Clinical treatments will exfoliate to modify wrinkles and inhibit pigments to leave you fresher and more even-toned.

Also available at Sacred Hands are waxing services, brow and lash tinting, mineral make-up services.

Laser hair and spider vein removal is a new service presented by Cathy A. White, R.N. along with a medical director.

Deborah says the center also arranges private parties, including sessions for bridal parties or couples massages on twin tables in her treatment room.

Treatment rates for all services are moderate and vary starting at \$25, with many in the range of \$65.

Call to arrange a free consultation at 401-769-Hand (4263). Hours for Sacred Hands Wellness Center are Tuesday - Friday 9 a.m. - 7 p.m.; Saturday 8 a.m. - 2 p.m.; closed on Sunday and Monday but are available by appointment, special party hours as needed.

Celebrate Sante Fe Day at Sacred Hands on Oct. 19

All are welcome to Santa Fe Day on Oct. 19, one of several community activities Deborah Lefort likes to create on behalf of the greater Woonsocket area.

Deborah says the center fulfills a lifelong dream. "I feel so fortunate; I want to give back to the community."

Santa Fe Day will run from 1 to 5 p.m. inside the center and, weather permitting, in the parking lot of Heritage Place, 719 Front St., Woonsocket.

Visitors are asked to donate non-perishable food for Woonsocket food pantries and area churches.

There will be live music throughout the

afternoon along with refreshments. All who donate food will receive a free massage demonstration and extra cash donations for more raffle tickets will be used to purchase turkeys for churches and food pantries during Thanksgiving week.

Jazzercise demonstrations will be offered at 2 and 4 p.m. along with coupons for discounted classes.

Discounts on Sacred Hands services will also be offered.

Last year Santa Fe Day participants donated 500 pounds of food, a number Deborah is hoping to double this year.