

ask the expert



Autumn Walsh

MSW, LSW, CCTS

**ELEMENTS COUNSELING
& WELLNESS SPA**

Co-Owner & Therapist

Q WHY IS IT HELPFUL TO HAVE MENTAL HEALTH AND HOLISTIC WELLNESS SERVICES IN ONE PLACE?

Wellness services that address the holistic trinity of mind, body, and spirit alongside traditional psychotherapy creates a comprehensive healing environment. **This integration fosters emotional resilience, enhances physical well-being, and nurtures spiritual growth,** all within one convenient location. Clients experience improved mental clarity, reduced stress, and increased self-awareness, leading to a balanced life. By addressing these interconnected aspects, individuals can achieve profound transformation, empowering them to thrive personally and professionally, ultimately enhancing overall quality of life.

Amanda Walsh is a nationally recognized traumatologist and reiki practitioner. She is passionately dedicated to holistic healing, inspiring many with her innovative approaches.



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Cindy McCormick

BS, LMT, MLD-C

Rebecca Householder

BA, LMT, MLD-C

CENTRE AVE. MASSAGE & SPA LLC
Co-Owners

Q HOW CAN ADVANCED THERAPEUTIC BODYWORK AT CENTRE AVE. MASSAGE & SPA HELP PEOPLE MANAGE PAIN OR CHRONIC CONDITIONS?

Techniques like **Acupuncture, Orthopedic Massage, Manual Lymphatic Drainage, Myofascial Release, Active Release Technique, Functional Release and Dry Cupping** are used to reduce pain, improve mobility, support healing and help relieve low back and neck pain, frozen shoulder, fibromyalgia and are beneficial for musculoskeletal imbalances, joint dysfunction, edema, migraines, poor circulation, and stress-related conditions like anxiety and depression. They are often used alongside medical care for sciatica, hip and knee pain, and chronic tension.

With 55+ years' combined experience, **Cindy and Becky** specialize in advanced massage, promoting wellness for their clients and professional growth for their team of Massage Therapists.



Centre Ave.
Massage & Spa

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412-661-7724

Dr. Wayne J. DiBartola

DIBARTOLA DENTAL



DIBARTOLA DENTAL

DR. WAYNE DIBARTOLA has been supporting patients' dental health for 40 years. He values his patients' experiences and continues to perfect his trade for all types of dentistry.

BRIDGEVILLE

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Q WHAT WOULD YOU WANT PEOPLE TO KNOW ABOUT YOUR PRACTICE?

We are an implant center specializing in single and full **arch dental implants** (All-on-X). We also offer **IV sedation** for all types of dentistry including general dentistry and full mouth cosmetic restorations. Our office utilizes the most advanced dental technology. In order to accommodate our patients, new and old, we have recently renovated and expanded our office. Our expansion has allowed us to readily see new patients, schedule treatment, and accommodate emergencies.

Q WHAT IS THE DIBARTOLA DENTAL DIFFERENCE?

Dr. DiBartola prides himself on treating patients with **compassion, respect, and no judgment**. He began his sedation dentistry journey when his mother became his most challenging patient due to her dental anxiety. From that point forward he has dedicated his professional career to **supporting fearful patients get the dental care they need and deserve**. Dr. DiBartola has been trailblazing the dental field for

years. He values continuing education and invests in the latest technology in order to provide patients with the most seamless experience.

Q WHY WOULD A PATIENT CHOOSE DIBARTOLA DENTAL FOR A FULL MOUTH IMPLANT RESTORATION (ALL-ON-X)?

Full mouth implant restorations truly transform the quality of our patients' lives. From being able to eat again to being able to smile with confidence, the solution is DiBartola Dental Implant Center. **Dr. DiBartola has 20+ years of implant experience**. He has invested countless hours in refining his craft of implantology. He has studied under some of the most renowned doctors specializing in full mouth restorations. Dr. DiBartola is performing All-on-X procedures daily with phenomenal results. For your comfort, convenience, and best possible outcome, we offer a one stop shop for your implant needs. Every step of your implant journey is completed here on site.

JOHN VELLA has created one of the most diverse careers known in the hairdressing industry today. His commitment to excellence and creative ability to design according to the individual's needs has enabled him to build an illustrious clientele base of models and celebrities, from Kate Moss to Rachael Hunter. As a master educator, John splits his time between San Francisco and Pittsburgh as the owner of The John Vella Salon. Working with clients on both coasts has earned him the title of "best of the best" by Allure magazine. Mentoring successful stylists in cutting, coloring, formal styling, blow drying, and advanced coloring techniques is the cornerstone of his classes. With a career of thirty years as an industry leader and beauty advisor, John has built a robust business model from coast to coast and teaches others the steps to success.



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724-590-1772

John Vella

THE JOHN VELLA SALON
Owner

Q WHAT DO YOU DO TO STAY CURRENT?

After over 30 years in the beauty industry, it is important that I surround myself with the most relevant creative inspiration in the industry. During the first quarter of each year, I attend the international beauty show in Bologna, Italy. It is my go-to for the latest in techniques, product launches, and hair trends that are ahead of the current trends here in the States. **These concepts have become my inspiration** when introducing new ideas to my clients, no matter how long I have worked with them. It is my job to keep it fresh and provide up-to-date expertise to complement a person's needs and overall style.

Q WHAT IS MOST IMPORTANT TO YOU AND YOUR BUSINESS?

Relationship building is the most important thing I do when working with a client. First, I take the time to get to know both the person as well as their hair. I strive to understand how they currently feel about their hair and what their hair is capable of doing in order to provide recommendations on how to proceed. From there, **we can work together to achieve a look that meets their goals.** Whether it is an initial consultation or working with a legacy client, I believe that relationship building is the start of beautiful hair!

Q WHAT IS ONE CHALLENGE YOU HAVE HELPED YOUR CLIENTS MANAGE?

Thinning hair. There is such a growing demand in the market for healthier, thicker hair that I decided to carry three different treatments for thinning hair, each delivering significant results:



Nutrafol: well balanced dietary supplements along with a topical serum to support new hair growth.
René Furterer: essential oils and vitamin-enriched serums that clean the scalp and promote new cell growth.
Framesi (Morphosis): a topical, vitamin-enriched solution that nourishes the scalp and penetrates the hair follicle for building a stronger strand of hair.
If a client is committed to having a stronger head of hair or wants to slow down the hair loss process, we can help them with the most natural treatments on the market today. It is truly about finding the right system that matches your personalized needs!

Schedule a complimentary consultation with **John Vella** to begin the process to Beautiful Hair by calling the salon at (724) 590-1772.