

Spa 23 Massage Services

By Appointment Monday—Friday 9am-9pm Saturday & Sunday 9am-6pm

Therapeutic Massage

Therapeutic Massage is a Swedish based massage in combination with myofascial release and some lomi lomi massage techniques. This type of massage promotes general relaxation, improves blood circulation, and relieves muscle tension. You can choose from a light to medium pressure or to a firm and deep pressure.

30 Minutes \$45.00
1 Hour \$70.00
90 Minutes \$100.00

Hot Stone Massage

Hot Stone Massage involves the application of water-heated basalt stones to key points of the body giving a deep massage and creating manipulation of a great intensity than with regular massage. The hot stones expand the blood vessels, pushing blood and unwanted waste materials through the body. Hot Stone Massage makes you feel deeply relaxed, allowing you to let go of all stresses that is held within your body. Those experiencing a Hot Stone Massage will notice a healing improvement of the following symptoms:

Muscular Aches & Pains Arthritis Poor Circulation
Fibromyalgia Back, Neck, & Shoulder Pain
Stress, Anxiety, Tension

30 Minutes \$50.00
1 Hour \$85.00

Pre Natal Massage

Pre Natal Massage not only relieves the tensions and aches caused by the extra weight and shift in the center of gravity to the body, but it reduces swelling, soothes the nervous system, acts as a tonic, reduces fatigue, and enhances energy.

1 Hour \$75.00

Foot Reflexology

Reflexology is organized around a system of points on the feet and the hands that are thought to correspond, or “reflex”, to all areas of the body. Though the massage is specific to an area, it is intended to affect the whole body.

1 Hour Session \$60.00

Includes Hot Stones

Chair Massage

Chair Massage (on site for corporate accounts, special events, and in home services for individuals and parties) - The client is clothed and seated in a chair designed for massage therapy for the upper body—back, neck, and head. A chair massage session usually lasts is intended to relax and improve circulation.

***Therapeutic Massage is not a substitute for medical care and does not attempt to offer a “cure” for illness or disease.. It is said to complement or enhance the care one is receiving by providing comfort, relief, and relaxation. Certain medical conditions require the exercise of caution before receiving a massage. If you are in any doubt, or if you are under medical supervision, check with your doctor.

Wellness Massage


Wellness Massage is an orientation of massage techniques. It is anatomically precise and client specific to help alleviate pain of tight and strained muscles and to help the client reach their full range of motion and improve flexibility.

Muscle Energy Techniques, Stretches, Posture & Gait Analysis, are just a few things that are incorporated into a massage session to help alleviate the client’s pain and discomfort.

Wellness Massage can help with such disorders as:
Chronic Neck & Back & Shoulder Pain Arthritis Tension/
Migraine Headaches Anxiety/Stress Fibromyalgia

30 Minutes \$45.00
1 Hour \$70.00
90 Minutes \$100.00


Leg Treatment

 This Treatment is perfect for Runners, Hikers, Cyclists or anyone with sore, heavy, tired legs. This treatment can also help alleviate pain and discomfort of Shin Splints.

This is a 30 Minute Leg Treatment helps in making your legs less sore, lighter and looser and it also helps in reducing inflammation.

30 Minutes \$50.00

Stretching

 Stretching is important for people of all ages! One of the greatest benefits of stretching is that you’re able to increase your range of motion,. Post-exercise stretching can also aid in workout recovery, decrease muscle soreness, and ensure that your muscles and tendons are in good working order. The more conditioned your muscles and tendons are, the better they can handle the rigors of sport and exercise, and the less likely that they’ll become injured.

A regular stretching program can help lengthen your muscles and make daily living activities easier. A consistent stretching program will produce large gains in flexibility and joint movement.

Be kind to your muscles and they will be kind to you!

Please wear loose comfortable clothing

20 Minutes \$30
5 Sessions of 20 Minutes \$25/each

www.Spa23.com

Spa 23 Gift Certificates are available
for all Massage Services.

Guests Add \$12.00 to all Spa 23 Services
which includes use of the facilities

All Major Credit Cards Accepted
NJ Sales Tax Not Included

Gratuities Accepted