

**NEW
Massage
Service**

STRETCH!



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

**Start a program of stretching, and you'll
soon notice many of the benefits such as:**

- Relief from pain**
- Increased energy levels**
- Increased flexibility**
- Decreased risk of injury**
- Better joint range of motion**
- Greater circulation of blood**
- Relaxation & stress relief**
- Enhanced muscular
coordination**

20 Minute Session - \$30.00

5 - 20 Minute Sessions - \$25.00/each

Please wear loose comfortable clothing.

**Contact Sonia Petriello, Spa 23 Massage Director,
for more information: 973-839-8823**