

✿Specialty Treatments✿

Full Body Salt Glow.....\$125/75min
Awaken your senses, stimulate your body and soften your skin with this natural exfoliating treatment. Used in the Salt Glow is a unique blend of salts from the Dead Sea and aromatherapy. This mixture stimulates your lymphatic system and gently removes dead skin cells to improve skin texture; moisturizing lotion is then applied to hydrate the skin.

Shea Butter Body Treatment....\$125/75min
This rich treatment applied to the entire body will result in visible slimming and toning combined with unbelievable hydration. The process begins with a thermal gommage to stimulate and exfoliate the skin. It is followed with the heart of the treatment- a special massage cream enriched with honeysuckle and rosemary that provides enduring softness and moisture to thirsty skin. After the treatment the client walks away feeling refreshed and rejuvenated.

Chocolate Decadence.....\$155/90 min
Created for the true chocolate lover, natural cocoa and sweet almond oil are used in a relaxing body treatment specifically designed to invigorate your senses and lift your spirits. The client first receives a mild exfoliation to smooth the body and prepare the skin for the chocolate treatment. The heated chocolate and almond oil is rubbed into the skin to provide a unique form of moisture and relaxation. After a quick shower the treatment is finished with a soothing massage using a special chocolate massage cream.

Please add 7% New Jersey State Sales Tax to the price of all services.

✿Massage Packages✿

30 Minute Package.....Not Available
45 Minute Package.....7 sessions for \$350
60 Minute Package.....7 sessions for \$490
90 Minute Package.....7 sessions for \$770

Note: The price list above does not include use of the Health Club facilities for non-members or sales tax. Non-members wishing to use the Health Club, add an additional \$5 per session to the prices above. **Hot Stone massages are an additional \$15/60 min.**

Please add 7% New Jersey State Sales Tax to the price of all services.

✿Massage Therapy Policy✿

Making an Appointment

- ✿Clients should contact a Health Club Coordinator via telephone or by stopping into the club for available appointment times.
- ✿A credit card number, package receipt number, or gift certificate number is required to book an appointment.
- ✿A client information form must be signed and fully completed prior to the massage appointment.

Advanced Appointments are Necessary.

Cancellations and Time Changes

- ✿A minimum of six hours notice is required to cancel or change the time of an appointment.
- ✿A 50% charge will be applied if less than six hours notice was given or the client was a "No-Show". The charge will be applied to the credit card given at the time the appointment was made. If the appointment was secured with a Gift Certificate its value shall be reduced by 50%. Packages will lose half of a session. In the event the appointment was to be a Gift Certificate with added time, 50% of the total value of the massage will be collected.

Massage Clients

- ✿Please check in at the Health Club desk.
The Health Club Coordinator will contact the massage therapist who will escort you to the massage room.
- ✿Please DO NOT knock on the door of the massage room as you may disturb the session of another client.
- ✿Please arrive on time, if your appointment is for one hour beginning at 6pm your appointment begins at 6pm, it ends at 7pm. The massage room is reserved for you during this time.
- ✿Persons who are neither hotel guest nor Health Club member may utilize the Health Club facilities on the day of their massage for an additional \$5 fee. A waiver must be completed.
- ✿If as a massage therapy client you feel in any way that the massage therapy session was unsatisfactory please contact the Health Club Director within 24hrs of the completion of the massage.
- ✿We reserve the right to deny any massage therapy service to any individual without reason or explanation.

Packages and Gift Certificates

- ✿Packages are available for purchase and expire one year after the date of purchase.
- ✿Immediately after each session of a package a signature confirming receipt of the massage is required at the Health Club desk.
- ✿Packages purchased by Members of the Health Club are to be used by the individual who purchased the package. The purchaser may occasionally give a massage session to a friend with Health Club approval.
- ✿Packages purchased by Companies (Corporate Packages) or clients who are Non-Members may be used by anyone who has been granted approval by the purchaser.
- ✿Gift Certificates may be purchased with or without gratuity with the option for use of the Health Club facilities on the day of the massage (Massage & Club Package Gift Certificates).
- ✿Gift Certificates expire six months after the date of purchase.



Massage Therapy & Specialty Treatment Menu

*The Best Massage Therapy on the
East Coast!*

Hilton Executive Health Club

120 Wood Ave South
Iselin, NJ 08830

(732)632-2500
www.hiltonwoodbridge.com

✿ Massages ✿

The following massages all share the same

Session Length	pricing.	Massage Price
30 Minutes.....		\$45
45 Minutes.....		\$55
60 Minutes.....		\$75
90 Minutes.....		\$115

Swedish

This is a classic form of Western massage known for its use of long strokes, kneading, friction and stretching to reduce stress and relax muscles. It aides in muscles recovery from strains by releasing built up lactic and uric acid from muscle tissue. Swedish massage will relax, revitalize and renew your body.

Neuromuscular/ Deep Tissue

This massage uses steady, deep pressure on contracted areas to realign deeper layers of muscle and connective tissue (fascia). The therapist will work to release chronic muscle tension and restore fascia to its healthy state to achieve increased mobility and reduced pain. People suffering from problems such as chronic pain, repetitive strains or sprains, and muscle tension (including tension headaches) might find this type of massage particularly beneficial.

Prenatal

Designed with the intention of relieving pain related to pregnancy, prenatal massage reduces sciatic nerve pain and aides in alleviating stress. It is popular for reducing back pain when medicinal choices may be limited. The expecting mother will lie on her side to provide safety and comfort to both her and her child. *Prenatal massage is recommended after the first trimester of pregnancy.*

Reflexology

Reflexology is a foot massage that will serve as a tune-up for your entire body. The basis of this massage is a belief that contained within the feet is a complete map of the body's organs. By applying pressure to different areas on the soles of your feet a therapist is able to extend beneficial effects to different body parts.

Reiki

A spiritual based practice that involves hand placement over and around the different chakras of the body to harmonize the mind with the body and allow for proper distribution of energy. Reiki massage can be used to send energy to broken bones to facilitate healing. This is a powerful and relaxing treatment for healing.

✿ Specialty Massages ✿

Ortho Bionomy.....\$50/30min, \$85/60min

Developed by Dr. Arthur Lincoln Pauls, Ortho-bionomy seeks to create an understanding of the body. The therapist will work with the body instead of forcing change. Ortho-bionomy is used to relieve acute and chronic pain, patterns of chronic tension and stress. It is performed by placing the body and joints in positions of comfort then applying gentle motions and/or compression to result in less pain, reduced tension, greater circulation and flexibility. *Recipient will stay fully clothed for the duration of the session.*

Shiatsu.....\$50/30min, \$85/60min

Based on the Chinese meridian system, Shiatsu is an Eastern style of massage that uses strategic pressure from the palms and fingers of the therapist to disrupt energy blockages and restore chi to its optimal flow. This type of massage eases stress, improves circulation, and balances chi.

Cranio Sacral.....\$50/30min, \$85/60min

This treatment uses a gentle touch to move the plates of the skull by working with the pulse of the craniosacral fluid to restore energy balance and relieve tension and stress. Healing is promoted from the inside out where the aim is a return to a more open, calm and graceful way of being. *The recipient will stay fully clothed for the duration of the session.*

Hot Stone.....\$90/60min

Heated, smoothed stones are used in combination with a traditional Swedish massage to provide a deeply relaxing experience. The heat of the stones can aid in the quick release of pressure from the muscles while soothing the body. Placement of stones on the body can help to increase energy flow.

Chair Massage.....\$20/15min

This is a fifteen minute Swedish massage that focuses on quickly relieving stress and tension by concentrating on the neck, shoulders and back. Chair massage is an ideal massage for a quick break from the office environment or a break from a day of conferences. *The recipient will stay fully clothed for the duration of the session.*

Ask for information on bringing chair massage to your office or party!

Also available:

*Thai Massage, Medical Massage,
Myofascial Somato-Emotional Release,
& Chapman's Reflexes*

Please add 7% New Jersey State Sales Tax to the price of all services.

✿ Gift Certificates ✿

Gift Certificates may be purchased for Massages and Specialty Treatments.

Gift Certificates may be upgraded to include Gratuity, use of the Health Club on the day of the massage, or both.

Massage Gift Certificates

These gift certificates may be upgraded to include gratuity, use of the Health Club on the day of the massage, or both.

A Massage Gift Certificate may be redeemed for a Swedish, Neuromuscular/ Deep Tissue, Prenatal, Reflexology, or Reiki Massage.

Session Length	Massage Only	Massage With Gratuity
30 Minutes.....	\$45	\$53
45 Minutes.....	\$55	\$65
60 Minutes.....	\$75	\$89
90 Minutes.....	\$115	\$135

Specialty Treatment Gift Certificates

These Gift Certificates include use of the Health Club on the day of the massage and may be upgraded to include gratuity.

These Gift Certificates may be redeemed only for the treatment for which they are purchased.

Specialty Treatment	Treatment Only	Treatment With Gratuity
Hot Stone (Allow 60min).....	\$90	\$110
Salt Glow (Allow 75min).....	\$125	\$145
Shea Butter (Allow 75min).....	\$125	\$145
Chocolate Decadence (Allow 90min).....	\$155	\$175

Club Package Gift Certificates

For an additional \$5 you can upgrade any gift certificate to include use of the Health Club facilities on the day of the massage.

Facilities include bi-level gym, heated pool, whirlpool, locker rooms, and steam room.