

## Massage Questions?

**What does massage do?** Massage has been medically proven to reduce stress, pain, lower BP, improve circulation & immune functions, reduce symptoms of MS, Fibromyalgia and Lupus, counter depression and foster a feeling of well being. These are just a **few** benefits.

**Why shouldn't I get a massage?** If you have phlebitis, thrombosis, fractures, bleeding disorders or fever, massage is not for you.

### I've never had a massage - what can I expect?

You'll fill out a client form so your therapist can customize your massage to your needs. They will leave the room so you can disrobe and get on the massage table, under the sheet & blanket. The therapist will then enter the room to begin your massage service.

**Do I have to be nude for my massage?** No, you can keep your bottom underwear on if you wish, and you are under a sheet and a blanket as well. NJ law mandates that no "gluteal cleavage" be exposed during massage. Some services (like reflexology) focus on hands and feet - so you can keep your clothes on!

**Does Deep Tissue massage hurt?** Deep Tissue massage should **never** hurt. Provided the therapist uses the proper techniques & doesn't rush your massage, you should feel as relaxed as you would in a Swedish or aromatherapy massage, but with much more therapeutic benefit to your body. Many of our clients fall asleep during Deep Tissue massage!

**What products do you use?** Only natural, hypoallergenic, non-comedogenic products. Our aromatherapy oils are 100% essential oils, not fragrance or synthetic oils, and we use organic essential oils as much as possible.

### What kind of training do your therapists have?

Our therapists have extensive education in anatomy, physiology and massage, are NJ state licensed, and also licensed with Winslow Twp.

**Why should I choose Absolute Haven?** Our spa is clean, our prices are the best anywhere, and our highly trained therapists love what they do (We've won "Best of South Jersey" three years straight!).

Visit with us - we're sure you'll agree!

## Spa Parties

- Pick your date and how many guests
- Pick your 2 or 3 services
- Call Absolute Haven @ 856-753-9993

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4 to 5 people (2 hrs.)  
2 services - \$278    3 services - \$401  
6 to 7 people (2.5 hrs.)  
2 services - \$348    3 services - \$502  
8 to 10 people (3 hrs.)  
3 services - \$601  
11 to 12 people (3.5 hrs.)  
3 services - \$712  
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## Services

*Mini-Massage ~ Card Readings  
paraffin hand or foot dip  
Indian Head Massage  
Foot/Hand Reflexology*

*Want something more customized?  
Ask us about our "Spa-La-Carte" menu!*

### **we believe. . .**

Everyone needs a few quiet hours to yourself where the phone doesn't ring, the kids don't need you and you can enjoy yourself. Moments where you can feel like the most important person in the world.

**absolute haven** was created to be that escape from daily life, a place to relax and re-energize, and refresh your mind, body & spirit. Our services were designed with your physical and mental stresses in mind.

Spend some time on you at **absolute haven**  
... you deserve it.

# absolute haven

*massage, bodywork & wellness*

## menu

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Located in "This Old Schoolhouse"  
203 S. White Horse Pike  
Waterford, NJ 08089



## hours by appointment

Monday thru Friday

10am – 8pm

Saturday & Sunday

10am – 6pm

# 856-753-9993

*~ online gift certificates ~*

[www.absolutehaven.com](http://www.absolutehaven.com)

## skin care & facials

### Classic European

Designed to bring your skin into balance, giving you a healthy radiant complexion. Includes a deep pore cleansing, exfoliation, masque and toning, with extractions as needed. **1 hour | \$65**

### Rosacea Control

This cooling, soothing treatment helps relieve the dilated capillaries and blotchiness of rosacea.

**1 hour | \$70**

### Acne Reduction

Special extracts, cleansers and extractions help to decongest the skin and promote healing of acne lesions and reduce inflammation, while reducing enlarged pores. **1 hour | \$70**

### Fade & Firm

Created for mature or sun damaged skin, this facial targets excess pigmentation and restores elasticity to the epidermis. **1 hour | \$70**

### Just For Him

Specific to a man's skin needs, a deep cleansing, exfoliating scrub, extractions and toning massage ends with a cooling masque to balance and hydrate.

**1 hour | \$65**

### Dermafile Skin Resurfacing

A safe, toxin-free alternative to chemical peels and microdermabrasion. Reduces pigmentation, fine lines, acne scarring, enlarged pores & sun damage.

It builds collagen in the skin, leaving you velvety smooth without burns, redness, flaking or down time (not recommended for acne or rosacea – best results when done in a series).

**face & neck | \$135, series of 6 | \$729**

**face, neck & decollete | \$165, series of 6 | \$891**

**back | \$150, series of 6 | \$810**

**hands | \$65, series of 6 | \$351**

## massage & add-ons

### Swedish & Aromatherapy

**1 hr | \$65, 1.5 hr | \$95, 2 hr | \$130, ½ hr | \$45**

### Deep Tissue

**1 hr | \$75, 1.5 hr | \$100, 2 hr | \$150, ½ hr | \$50**

### Hot Stone

**1.5 hr | \$120, 2 hr | \$150**

### Purification Sensation

**1 hr | \$75, 1.5 hr | \$99, 2 hr | \$145**

### Pre-Natal (Maternity)

**1 hr | \$75, 1.5 hr | \$104**

### Serious Sinus

**35 min | \$45**

### Energy Balance

**15 min | \$20**

### Foot Reflexology

**45 min | \$45**

### Ear Candling

**Up to 1 hr | \$35**

### Paraffin Moisturizing Dip

**Hands | \$10, feet | \$15, both | \$22**

## SIGNATURE SERVICES

### ~ The Haven for Two ~

Two therapists, two tables, and two of you enjoying a Swedish, Aromatherapy or Deep Tissue massage at the same time, in the same room.

**1 hour | \$170 90 minutes | \$230**

**2 hour | \$270**

### ~ Hot Stone Haven for Two ~

Our premier service. Exactly what it sounds like, except with the added bliss of Hot Stone massages!

**90 minutes | \$270 2 hr | \$299**

## Absolute Heaven

Enjoy some *real* luxury – A blissful 90-minute massage, followed by a paraffin foot and hand dip, warm spa mitts and booties, and a facial masque.

You'll be floating when we're done.

**2 hours | \$150**

## Head and Toes

Your head and your feet are full of nerve endings – that's why they feel better when they're rubbed.

Have an Ayurvedic scalp massage and a Foot Reflexology to rid you of aches on both ends!

**1 hour | \$65**

## Hard Workin' Mama / Papa

Celebrate some "me" time with a Swedish, Aromatherapy, or Deep Tissue massage, followed by a refreshing hydration facial masque!

Guaranteed to bring you back from the dead.

**1 ½ hours | \$108**

## Beat Feet

Focus exclusively on those tired tootsies and the legs they support with a soothing Paraffin foot wrap, and a Foot Reflexology.

**1 hour | \$60**

## Ionic Foot Detox

Positively and negatively charged ions pull neutralized toxins out of the feet thru osmosis. Followed with a rosemary & peppermint foot rinse to leave you refreshed and healthy.

**½ hour | \$35 series of 5 | \$160**

## Post-Chemo Hair Care

Designed to alleviate the itching, dryness and hair loss after chemotherapy, this head treatment uses moist heat, massage and pure jojoba oil to nourish & stimulate new hair growth at the follicle. And, it just plain feels wonderful!

**20 min | \$30**