

Massage Questions?

What does massage do? Massage has been medically proven to: reduce pain, lower blood pressure, improve circulation, increase joint mobility, improve immune functions, reduce the symptoms of MS and fibromyalgia, 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. Varicose veins are avoided during massage.

I've never had a massage before - what can I expect? You'll be asked to fill out a client form (to list your physical complaints and issues, allowing your therapist to customize your massage). Your therapist will leave the room so you can disrobe and get on the massage table. Your therapist then enters the room to begin your bodywork service.

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

What will I feel like after my massage? Massage releases endorphins, so you should feel relaxed and mellow. Massage cleans out debris and toxins in the cells, so it's important that you drink plenty of water to help flush your system.

What products do you use? We 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? All our therapists have completed an extensive education in anatomy, physiology and massage, are in compliance with NJ state requirements, and are also individually licensed with Winslow Township.

Girls' Night Out 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*

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  
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hours by appointment

Monday thru Friday
10am – 8pm
Saturday & Sunday
10am – 6pm
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# 856-753-9993

*~ online gift certificates ~  
~ corporate chair massage ~*

[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 Resurfacing

A safe and toxin-free alternative to chemical peels and microdermabrasion. Dermafile 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 those with active acne - best results when done in a series).

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

**face, neck & décolleté | \$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, 30 min | \$45**

### Deep Tissue

**1 hr | \$70, 1.5 hr | \$100, 2 hr | \$150, 30 min | \$50**

### Hot Stone

**1.5 hr | \$104, 2 hr | \$155**

### Pre-Natal (Maternity)

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

### Purification Sensation

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

### Jasmine Rose / Chocolate Lover

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

### Serious Sinus      Energy Balance

**35 min | \$45**

**15 min | \$20**

### Foot Reflexology

**45 min | \$50**

### Ayurvedic Indian Scalp Massage

**20 min | \$30**

### Paraffin Moisturizing Dip

**Hands | \$12, feet | \$17, both | \$25**

## SIGNATURE SERVICES

### Beat Feet

Don't want to muss your hair? Focus exclusively on those tired tootsies and the legs they support with a soothing Paraffin foot wrap, and a Foot Reflexology.

**1 hour | \$60**

## Absolute Heaven

Enjoy some *real* luxury – a paraffin foot and hand dip, warm spa mitts and booties, and a facial masque follow a blissful 90-minute massage. You'll be floating when we're done.

**2 hours | \$150**

## Haven for Two

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

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

## Head to Toe

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**

## 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**

## Yoga Classes

Geared for all levels, our yoga classes are small and customized for your abilities and limitations. Classes are every **Tues. & Thurs. night at 7pm**. Bring a friend and enjoy the fun! Call to reserve your spot as class size is limited to 7 students.

**1.15 hr | \$15      series of 6 | \$13 each**