

The Wellness Spa



Capital Health System
IN HAMILTON

*We invite you to experience the natural approach
to healing through our wellness services.*

1445 Whitehorse-Mercerville Road
Suite 109
Hamilton, NJ 08619

Telephone: 609-588-5051

Wellness Services Provided & Pricing

Chair Massage

\$30.00

Takes place in a portable, padded chair specifically designed for comfort and support. Neck, shoulders, back, arms, and hands are massaged during this session. 25 Minutes

Deep Tissue Massage

\$65.00

Lotion or cream is applied to the skin for this modality. A corrective and therapeutic technique developed to treat chronic pain and tension; releases knots (trigger points) in muscles. 55 Minutes

Focused Massage

\$40.00

Shorter version of a Swedish and/or deep tissue massage, focusing just on the areas of client's pain or 25 Minutes

Pregnancy Massage

\$70.00

Therapeutic bodywork focusing on the special needs of the mother-to-be. Provides relaxation, relieving insomnia and stress on weight bearing joints, alleviating neck and back pain, assisting in maintaining proper posture, and preparing birthing muscles. 55 Minutes

Reflexology

\$40.00 /
\$65.00

A system of massaging the feet with the intention of affecting other parts of the body. By working with the point on the foot, beneficial results can be achieved in the corresponding body parts. 25 Minutes / 55 Minutes

Swedish Massage

\$60.00

A gentle and relaxing massage suitable for all ages. Employs use of oil or lotion as a skin lubricant. Techniques used during session: long gliding strokes, kneading, percussion, stretching, and joint mobilization. The entire body's circulatory system is awakened and superficial muscle tension is released. 55 Minutes

Scheduling & Preparing for Your Personalized Session

**Monday & Thursday Evenings
5:30—9:30 p.m.**

**To schedule an appointment,
call 609-588-5051.**

If this is your first wellness session, please arrive 15 minutes prior to your scheduled appointment to complete a brief client intake form, and settle your mind to prepare for your relaxation session.

Prior to each session, the therapist will review and discuss your specific needs.

PACKAGES

- 1. Reflexology and focused massage: \$70.00.*
- 2. Three reflexology and/or focused massages: \$99.00.*
- 3. Six Swedish massages: \$330.00.*

- We accept cash, checks with picture ID, Visa, Mastercard, Discover, and American Express.
- Gift Certificates are available for all occasions.

Benefits of Wellness Services

Capital Health System has partnered with Wellness At Work, LLC, to provide professional, therapeutic wellness services in a clean, safe environment. Wellness At Work, LLC, has been serving the tri-state area since 1992 providing the finest in therapeutic bodywork, offering caring, respectful touch to individuals of all ages. We invite you to experience a “*Wellness Break*” at the Wellness Spa at Capital Health System. Your body will “Thank You.” Benefits derived from receiving a “*Wellness Break*” include, but are not limited to:

- relief from tension and stress
- relief of muscle pain
- increased circulation, oxygen, and energy throughout the body
- improved joint mobility
- improved recovery time after exercising
- better posture and coordination
- more restful, sound sleep
- enhanced breathing and chest expansion
- reduced temporomandibular joint, headache, and carpal tunnel pain;
- reduced discomfort from fibromyalgia and osteoporosis.

Experience the Healing Benefits of Massage