



SPA INFORMATION

Hours of Operation

Monday – Friday: 11:00AM – 9:00PM

Saturday: 10AM – 6:00 PM

Sunday: 10AM – 5:00PM

125 Marshall Street, 7th Floor

Hoboken, NJ 07030

Tel: (201) 222 - 2582

www.SkyClubFitness.com

Swedish

Swedish Massage is designed to relax muscles by applying pressure and rubbing in the same direction as the flow of blood returning to the heart. The main purpose of Swedish Massage is to increase the oxygen flow in the blood and release toxins from the muscles.

Deep Tissue

Deep Tissue Massage aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted area.

Sports

Typically used before, during, and after athletic events. The purpose of this massage technique is to prepare the athlete for the peak performances, drain away fatigue, relieve swelling, reduce muscle tension, promote flexibility, and prevent injuries.

Prenatal

Wonderful for expecting mothers to relax and unwind from all the changes taking place in their bodies, lives, and minds. Suitable after 1st trimester.

Hot Stone

Hot Stone Massage is a penetrating massage that incorporates the use of smooth, warmed basalt stones. These stones are noted for the healing properties and penetrating energy deep into the muscles.

Reflexology

A “zone therapy” of the hands and feet, reflexology addresses the organs by massaging and stimulating correlating reflex points on the extremities.

Shiatsu

Shiatsu, meaning “finger pressure” in Japanese, is a relaxing and healing treatment. Hand pressure and manipulative techniques are used to adjust the body’s physical structure and its natural inner energies to help ward off illness and maintain good health.

- **24 Hour Notice of Cancellation Required or 100% of Scheduled Treatment will be charged.**
- **Appointments Begin Promptly. Please arrive early, as late clients will receive only the time remaining of their schedule treatment and are responsible for 100% of the payment.**
- **Gratuities are greatly appreciated. It is customary to tip 20%.**

