



Chair Massage

15 Minutes	\$15
30 Minutes	\$30
45 Minutes	\$45
60 Minutes	\$55

Combo

45 Mins foot+15 Mins Chair	\$50
30 Mins foot+30 Mins Body	\$55
60 Mins foot+30 Mins Body	\$70
45 Mins foot+45 Mins Body	\$75
60 Mins Body+30 Mins Foot	\$75
60 Mins Body+60 Mins Foot	\$90



Tel: 201-569-8666

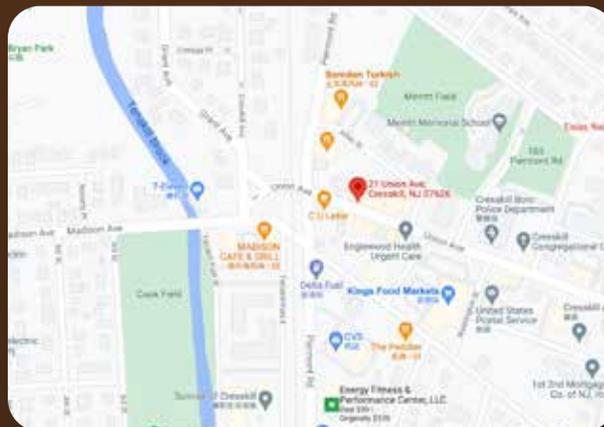
21 Union Ave,
Cresskill, NJ, 07626

www.oasisrelaxingspa.com
Oasisrelaxingspa@gmail.com

Open 7 Days

10:30am-9:00pm

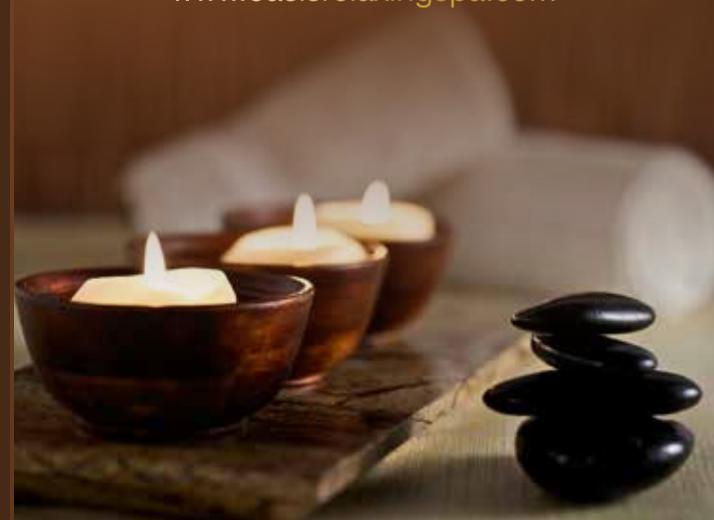
Gift Certificate Available



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Foot Reflexology

Foot reflexology is a “pressure therapy” and involves applying focused pressure to certain known reflex points located in the foot to cure or prevent disease. Foot reflexology is based on the premise that our nerve zones or reflex points go from the bottom of our feet to the top of our head, encompassing all vital organs on the way.

Benefits of a foot reflexology session are manifold—calmness and serenity, improved circulation, increased energy, and balanced emotions among many others. Foot reflexology invigorates tired, aching, and sore feet leaving your feet fresh, attractive and tingling and you will feel better all over.

We Specialize in Treating Neck Shoulder Back

- Do your legs and feet feel swollen and heavy after longstanding work ?
- Do you use computers intensively and feel arm pain, shoulder pain or fatigue easily?
- Do you feel tight and stiff on your back or shoulder, or feel drowsy and suffer from depression?
- Do you have difficulty falling a sleep?

Reflexology

30 Minutes	\$30	60 Minutes	\$45
45 Minutes	\$35	90 Minutes	\$65

Membership= 10 Sessions/\$400

*Free options for 60 mins or more:
Hot Stone, Rose/Lavender/Green Tea/Ginger salt foot soak and Lotion, 10 mins head/arm/neck/shoulder massage.



Hot Stone Foot Reflexology

Hot Stone Reflexology is the incorporation of heated basalt rocks with the specific purpose to stimulate Reflex points found in the feet. Hot stones are used because they retain heat well and the ancients believe these lava rocks have nurturing, cleansing, and healing effects on the body.



Rose Foot Reflexology

When soaking your feet, you can add rose, it can help reduce stress, improve your mood, balance the endocrine, reduce inflammation and fatigue and improve physical fitness. Rose has a good smell and it helps keep people calm, soothes and balances the mood, eliminates constipation, cold feet, strength immune system and relieve ankles injuries, stuffy nose and sore throats.



Lavender Foot Reflexology

Lavender can calm your feet nerve. It not only has nice smell but can also improve your skin condition. Soaking your feet can reduce fatigue and improve the quality of sleep. It can also help relieve hypertension, adjust breath, it is especially effective for relieving respiratory disorder and physical pain. Relieve pain, reduce inflammation and heal the scar.



Ginger Powder Foot Reflexology

Ginger powder foot spa is very helpful for your health. In the winter, when adding ginger powder into foot spa, it can increase the warmth of our feet, eliminate foot fatigue, and cleanse your skin thoroughly. Ease chilblain, sweaty feet, and odor, constantly increase the temperature, release coldness, improve the circulation of blood and remove blood stasis. Ginger powder can also help relieve arthritis symptoms.



Green Tea Foot Spa

When you feel extremely tired, you can use hot green tea to soak your feet. Put a Green tea tea-bag into hot water, mix thoroughly, then soak your feet in the hot water. After your feet are turning red and blood unblocked, you can dry your feet. This method can eliminate fatigue, reduce foot odor, and cure cracked heel.



Table Body Work

30 Minutes	\$30	60 Minutes	\$55
45 Minute	\$45	90 Minutes	\$80

Membership= 10 Sessions/\$500

*Free options for 60 mins or more:
Hot Stone, Deep Tissue, Acupressure

Hot Stone

An ancient Chinese technique that uses heat to relax and soothe tired and muscles.

If you're looking to relax and unwind, a hot stone treatment is the perfect solution. Heated basalt stones help loosen your muscles, releasing tension and stress without the added pressure of a traditional massage.

Deep Tissue

Relax, unwind, and heal.

Deep tissue massage applies pressure to several layers of muscle, tendons, and other tissues found deep within the skin. This type of massage can relieve pain and reduce muscle stiffness. Deep tissue massages are highly therapeutic

Acupressure

Acupressure Bodywork is the traditional Chinese medicine art of balancing Chi energy—the circulating life force in the body—by stimulating its healthy flow along energy pathways called meridians. Practiced through clothing, practitioners utilize finger and elbow pressure on the same meridian points stimulated with needles in Acupuncture. During treatment there is elongation of the muscle fibers, which contributes to the release of toxins and waste materials within the tissues, and an increase in the circulation of oxygenated blood, thereby promoting cellular nutrition and stronger resistance to disease.

Through acupressure, the body is rebalanced, which prompts a reduction in emotional and psychological tensions. As with most bodywork, there is a stronger sense of body awareness after a treatment. Acupressure is used to relieve pain, increase blood circulation, remove toxins from the tissues, and treat many conditions including muscular aches, sinus congestion, headaches, menstrual difficulties, and discomforts of pregnancy and labor.