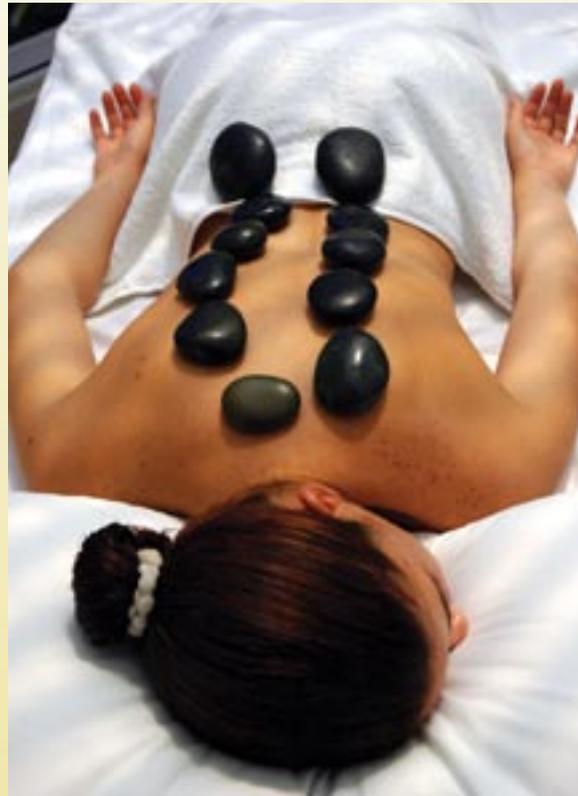


Henna Designs

For centuries, **mehndi** — the art of henna painting on the body — has been practiced in India, Africa, and the Middle East, where the henna plant is believed to bring love and good fortune, and to protect against evil. Henna is traditionally applied for wedding ceremonies, during important rites of passage, and in times of joyous celebration. A paste made from the crushed leaves of the henna plant is applied to the skin. When removed several hours later, it leaves beautiful [orange to deep red] markings on the skin that fade naturally over 1 to 3 weeks.

Henna Designs range from \$35 - \$65 per design.

Here is a sample of designs we offer. Contact us to see the full portfolio of henna designs available.



from north jersey

take parkway south to rte. 22 west (Exit 140A). Go through first light (new providence road) approximately 4 miles after the exit. Go through the second light (lawrence avenue). At the third light the sign reads scotch plains/mountain avenue. Do not go through the light, but enter the jug handle on the right. cross the highway and bear right onto mountain avenue. Go to the second light and make a left onto park avenue. At the first light make a right onto front street and a quick right into our parking lot.

from south jersey

take parkway north to exit 135, westfield / clark: central avenue. travel down the exit ramp, bear left, go into the circle and loop under the parkway. (You will be on central avenue. Make a left at the seventh light (north avenue). Continue on north avenue (note: after the third light the road curves, stay on the main road north ave. changes to midway avenue). Turn right at the fourth light (martine avenue) martine changes to park avenue). Make a left at the second light (front street), and make a quick right into our parking lot.

Holistica Day Spa & Wellness Center

366 Park Ave.
Scotch Plains, NJ 07076
(Located inside Stage House Village)
tel: (212) ???-????
email: contactus@holisticaspa.com

Spa Packages

Tranquility

2 hrs. - \$160
60 min. Swedish Massage
60 min. Mango Ginger Sugar Scrub

Balance

1.5 hrs. - \$117
30 min. Healing Green Tea Salt Scrub
60 min. Swedish Massage

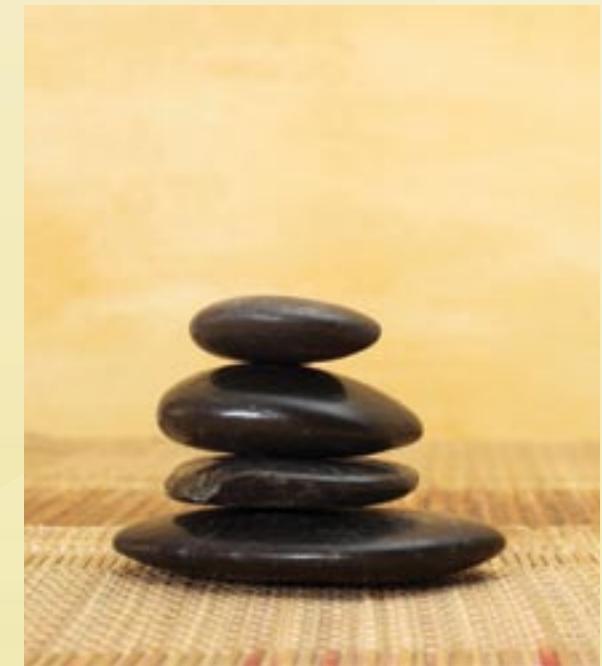
Gonna Be A Mommy

1.5hrs. - \$120
60 min. Maternity massage
30 min. Tea Tree Oil Foot Mask

Custom Spa Package

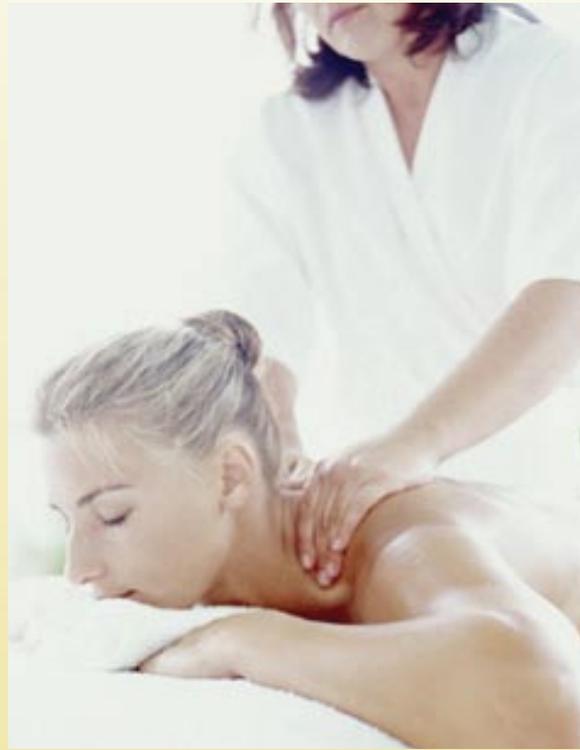
Contact us and we will work with you to design the ultimate spa package for your needs.

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Scotch Plains, NJ 07076
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Hours Of Operation:
Monday-Friday: 10am - 8pm
Saturday & Sunday: 10am - 7pm
By Appointment Only



Massage Treatments

Swedish Massage

A full body massage technique which uses moderate pressure to relieve tension and create a heightened sense of well-being.

60 min. - \$75

90 min. - \$105

Aromatherapy Massage

An invigorating full body massage using natural and essential oils from herbs and flowers which relieves stress, improves the skin, builds energy, relaxes muscles and promotes detoxification. This nurturing massage is for the body, mind and spirit. It is slow and rhythmical, using pressure points along the pathways of energy.

60 min. - \$80

90 min. - \$110

Balinese Escape Massage

A traditional massage from Indonesia that works on the circulation and deep tissue. Thumb and palm pressure is used to achieve this deep massage, and is ideal for tired aching muscles. Warm spicy oil made from Indonesian herbs and spices add to this traditional Balinese experience.

60 min. - \$85

90 min. - \$115

Deep Tissue Sports Massage

A massage that focuses on neuromuscular, deep tissue releases and stretching techniques to allow the muscles to unwind and alleviate chronic muscle tension.

60 min. - \$85

90 min. - \$115

Stress Relief Massage

A soothing back and neck massage for total relaxation and tension relief. A unique massage treatment using essential oils and a tension relief gel to alleviate aches and pain.

30 min. - \$40

Reflexology

The pressure points in the feet are stimulated which increases the flow of energy through the body. This improves the circulation and eliminates toxins. The over-all benefits are to restore and balance the body, releasing stress and the built-up tension that is held within.

60 min. - \$75

Hot Stone Massage

The art of using heated basalt stones to massage the body. Muscle tension is dissolved as healing warmth penetrates the body for an incredibly relaxing experience.

Note: Not recommended during pregnancy or when sunburned.

60 min. - \$85

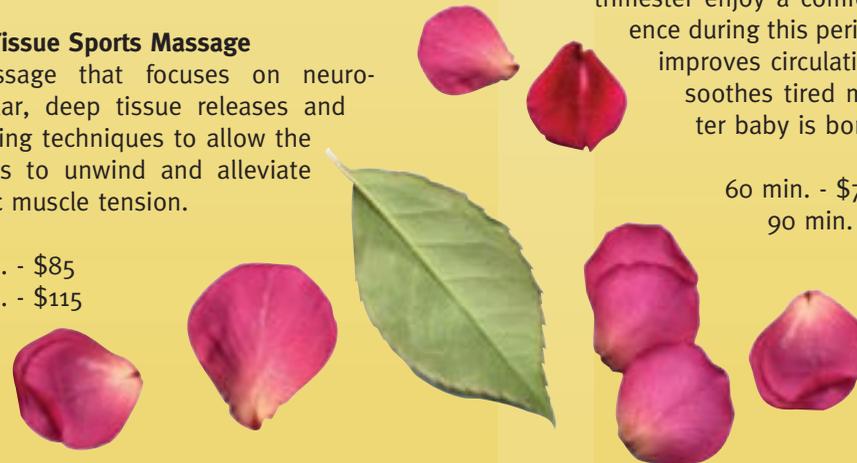
90 min. - \$115

Maternity Massage

Designed to give relief to the special needs of the mother-to-be. Women in their second or third trimester enjoy a comforting and soothing experience during this period of change. This massage improves circulation, lymphatic drainage and soothes tired muscles. Also beneficial after baby is born!

60 min. - \$75

90 min. - \$105



Massage for Two

Enjoy some personal time with someone special as you both relax with a personal Swedish massage.

60 min. – starting at \$150

Body Scrubs



Rejuvenate your skin with one of our nourishing sugar or salt body scrubs. Sugar scrubs lightly exfoliate the skin while providing deep hydration to refresh and revitalize the entire body. Perfect for dry or sensitive skin, these gentle scrubs create a silky, hydrated feeling. Salt scrubs exfoliate the

skin, brushing away the old layers to reveal fresh, smooth, glowing skin beneath. The delicious scent of all of our scrubs will make you feel as if you have been transported to some exotic destination!

60 min. - \$85

90 min. - \$115

- Uplifting Mango Ginger Sugar Scrub
- Invigorating Vanilla Orange Sugar Scrub
- Healing Green Tea Salt Scrub
- Soothing Peppermint Rosemary Herbal Salt Scrub

Masks

These energizing mask treatments draw out toxins and gently stimulate the metabolism of your skin while simultaneously smoothing, nourishing and revitalizing your body. If your skin is dull and listless, these are treatments for you.

30 min. - \$45

- Tea Tree Oil Foot Mask
- Deep Hydration Back Mask

At Holistica Day Spa & Wellness Center, we believe true beauty and total wellbeing comes from deep within. It is with the understanding, that only when mind, body and spirit are in harmony can balance be achieved—that inspires all our spa services.

Not an indulgence, but a necessity in today's hectic world, Holistica offers an uplifting atmosphere and a momentary respite where you can abandon your cares, awaken your senses, and escape into a world of relaxation.

Everything at Holistica - our highly-qualified team of caring therapists, inviting décor, calming massage treatments and balancing body scrubs - has been carefully considered to ensure a peaceful and memorable spa experience.

Just one visit to Holistica and you will re-discover what it's like to feel renewed, stress-free and simply yourself once again.