

# *MASSAGE THERAPY*

## *CENTER FOR RELAXATION & HEALING AT THE CHATHAM CLUB*

### **FOR APPOINTMENTS OR INFORMATION**

CALL OR TEXT 973-765-0003

EMAIL: [CRHWELLNESSTEAM@GMAIL.COM](mailto:CRHWELLNESSTEAM@GMAIL.COM)

At the Center for Relaxation and Healing, our team of licensed massage therapists and acupuncturists bring decades of combined experience to provide specialized services. We offer massage therapy, reflexology, acupuncture, and cupping, employing a variety of techniques to address individual needs effectively. Located in a beautifully appointed studio on the second floor of The Chatham Club, we are dedicated to promoting wellness and relaxation. For more detailed information and to schedule an appointment, please visit our website at [www.centerforrelaxationandhealing.com](http://www.centerforrelaxationandhealing.com).

Monday - Friday: 9 AM - 6 PM      Saturday & Sunday: 9 AM - 5 PM

#### **Fees**

##### *Massage Therapy*

60 minute session - \$110    90 minute session - \$165

##### *Acupuncture*

90 minute initial consultation - \$200, includes complimentary cupping  
60 minute follow-up appointments - \$145

*Prices subject to 6.625% NJ Sales Tax*

To schedule your appointment, please call/text the Center at 973-765-0003.

Gift certificates are available.

To purchase, please call or text us at 973-765-0003, or email  
[crhwellnessteam@gmail.com](mailto:crhwellnessteam@gmail.com)

## **OUR STAFF**

### **Heather Garland**

Heather Garland brings 20 years of experience in therapeutic and deep tissue massage. She is skilled in reflexology and prenatal massage, providing care tailored to the needs of each client. Heather is known for her effective and compassionate approach.

**Kimberly Power**

Kimberly Powers has 15 years of experience in therapeutic and deep tissue massage, specializing in trigger point therapy and low back pain relief. She offers customized treatments that may include heat packs, hot stones, and crystals to enhance the massage experience.

**Heather Hofbeck**

Heather Hofbeck has been a dedicated massage therapist since 1998, focusing on deep tissue, Swedish, and relaxation massages. She is committed to helping clients achieve relaxation and improve their well-being through her skilled massage techniques.

**Reni Ravi**

Reni is a Licensed Massage Therapist and a Master of Social Work, specializing in deep tissue and sports massage. With 13 years of experience, she also has a strong background in and medical massage, particularly for orthopedic care. Reni works closely with clients to support their physical health and recovery.

**Acupuncturist****CK Lam Shi Qi (CK)**

CK Lam is a licensed acupuncturist and massage therapist with a master's degree in Acupuncture and Chinese Medicine. He offers a comprehensive approach to care, combining his expertise in traditional techniques and modern practices to help clients achieve wellness.