



Connie Zoetjes Licensed Massage Therapist

I am a NY/NJ state licensed massage therapist and graduate of the Holistic New Center in Long Island, New York. I have been practicing massage for over 30 years and regularly take continuing education courses to enhance my skills and learn new therapeutic modalities. Massage therapy is not a “luxury” but an essential piece of your health and wellness. Your comfort and well-being are my priority!

Thank you for trusting me as your massage therapist.



Essential Massage Therapy

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- ✉ info@essentialnj.com
- 🌐 www.essentialmassagetherapynj.com



“ Where the focus is solely on you and your well-being. ”

Contact us today to start your journey down the road to wellness and relaxation!



(973) 729-2400

Hours By Appointment Only

About Us

Our Sparta, New Jersey location has a warm and tranquil atmosphere. As a licensed massage therapist, I combine the best of medical science, holistic research and superior customer service—providing you with a relaxing and revitalizing experience.

Our mission is to provide:

- Professional Treatment.
- A Relaxing Atmosphere.
- A general sense of well-being.
- A Therapeutic Experience for mind, body and soul.



PREPARATION & CANCELLATION POLICY

All guests must be 18 years of age or older.

Scheduling

New guests, please arrive 15 minutes prior to your appointment to fill out your necessary wellness forms and to ensure we start on time. **Late Arrivals** will preclude you from receiving your full treatment time.

Please contact the office for same-day appointments!

Cancellations

We require 24 hours notice for cancellations or rescheduling. If you fail to notify us 24 hours prior to your appointment, you will be charged 50% of the service scheduled.

Repeat Cancellations

If you cancel your appointment more than once without notification, or if you fail to show, you will be required to pre-pay for all future appointments.

Cell Phones

In order to provide a tranquil experience for our guests, we request that you please turn off your cell phones.



Gift Certificates Available

CUSTOMIZED MASSAGE THERAPY!

We design the best massage for you!

At Essential Massage Therapy, we understand that every client has unique needs which is why we offer a personalized approach to your massage experience.

This experience will offer the benefits of Swedish, Deep Tissue massage modalities along with aromatherapy to help Relax, your Body and Mind while maximizing the results of your health and wellness journey.

“Massage is more than just a luxury—it is Essential for your overall health and wellness!”

OUR MASSAGE SERVICES



Swedish Massage

A classic Swedish massage intended to bring about relaxation, improve circulation and promote an overall sense of well-being.



Deep Tissue Massage

Deep penetrating massage techniques and moist heat packs are used to help relieve tightness from the overuse and tension of muscles.



Hot Stone Massage

Heated Basalt stones combined with traditional massage techniques melt away tension and help warm tight and sore muscles while inducing deep relaxation.



Paraffin Treatment

Enjoy soothing, warmed paraffin wax with your massage, providing therapeutic heat therapy for hands and feet while softening and moisturizing skin. This treatment can be especially soothing for those with arthritis, aching joints, or dry skin.



Foot Scrub

Our Pink Himalayan Salt Foot Scrub revitalizes your feet and nourishes dry skin. Himalayan Salt gently exfoliates rough, dry skin, leaving your feet feeling soft, smooth, and relaxed.



Aromatherapy

Aromatherapy enhances your massage and well-being by harnessing the power of scent and touch. High-quality essential oils help you relax your mind and body.

PRICING

60-Minutes — \$100

75-Minutes — \$125

90-Minutes — \$145

3 Series Package — \$275

(3-1 hour sessions — must be used within 3 months)

THERAPEUTIC

Enhancements to add to your session

Hot Stones — \$25

(incorporated into the massage session)

Paraffin Hand or Foot Treatment — \$25

Foot Scrub — \$25 Fine Himalayan Sea Salts

All pricing does not include NJ State Sales Tax
(Pricing is Subject to Change)

Massage therapy can provide temporary relief for certain medical conditions by alleviating muscle tension, reducing stress, and promoting relaxation. However, massage is not a substitute for proper medical treatment, nor should massage be relied upon as a sole treatment for medical conditions.

We accept cash, checks or major credit cards. Personal checks are accepted only if you provide a current credit card number to guarantee payment.

