



SOUL SPA: ATRIUM



SOUL SPA: TRANQUILITY LOUNGE

INTRODUCING...



SOUL FOCUS

SOUL SPA | FOCUS FITNESS
GARDEN STATE SPINE & PAIN INSTITUTE

A building focused selfishly on improving you. Appealing to the inner peace and tranquility found deep within you, the SOUL FOCUS building will make you want to turn off, tune out and lose yourself in a yoga or tai chi class followed by a massage or body wrap. Or, challenge yourself physically in a spin class or personal training session. Correct faulty joints, improve body mechanics or eliminate wrinkles and unsightly blemishes. Have unwanted body hair removed on the same day as sun damaged skin or age spots. Why not sit in the steam room or chill out by the fireplace all afternoon? Rekindle the mind, exhilarate the body and rejuvenate the spirit.

Owned and operated by physicians, the SOUL FOCUS building offers self care and healthcare. Soul Spa will not only offer luxurious personal services but medical cosmetic procedures as well. The health club, Focus Fitness, will provide "one on one" personal training with individualized physical enhancement programs combined with challenging, cutting edge classes. The medical rehab office, Garden State Spine

and Pain Institute, will continue to excel at getting people out of pain in a fun, friendly atmosphere.

Eastern philosophy combined with western medicine. Alternative health care with traditional medical care. Medical doctors, chiropractors, physical therapists, acupuncturists, and personal trainers. Tai chi, yoga, spin, state of the art fitness machines and full service spa. SOUL FOCUS, where you are the sole focus.

SOUL SPA

Treat, pamper, spoil

You just finished a personal training session. You enter the locker room and the pampering begins. You undress, slip into a shower and lather up with an all natural, organic, pineapple mango body wash. You put on a comfortable robe and slippers, and enter a long hallway that appears to be in a forest. At the end of the corridor you enter into a lounge that makes you feel as if you are in the lap of luxury. You help yourself to a cup of green tea, some dates and a bottle of water. You sit on the couch and enter into a state of relaxation that is usually reserved for vaca-

tion. You then have the massage of your life. By the end of the treatment you can barely utter a word. You are then escorted to a room where you are offered a drink, treated to a warm foot soak and are then left alone to reflect on your Zen moment in front of the fire place.

Relaxation Services:

- **Massages**
Unique specialty massages, massage club.
- **Facials**
Customized and designed to maintain a youthful appearance.



SOUL SPA: TREATMENT ROOM

One building entirely dedicated
to healthcare and selfcare



FOCUS FITNESS: GYM

- **Body therapies**

Detoxifying and rejuvenating body wraps for cellulite reduction and relaxation.

- **Couple treatments**

Pamper each other while enjoying special time alone.

- **Male menu**

Specialized treatments designed for the executive male.

- **Spray tanning**

Avoid sun damage and save time sun bathing.

- **Tranquility Lounge**

Comfortable, quiet, tranquil.

- **Sauna**

Warm, soothing, detoxifying.

- **Steam room**

Eucalyptus permeates your respiratory and nasal passages while you sweat out toxins.

Group services

Catering to bridal parties, employee appreciations, sweet sixteen and other private parties.

Medical Services:

- **Laser hair removal and waxing**

Using the latest and most sophisticated lasers available, laser hair removal is now fast, painless and effective. Full body waxing also available.

- **IPL (Intense Pulsed Light)**

Reverses the signs of sun damage and aging along with facial redness, freckles and pigmented lesions.

- **Botox**

Used for wrinkle reduction for lines on the forehead and crow's feet around the eyes.

- **Spider veins**

Yag Lasers are used to treat larger, deeper veins. Over time, the vein will be absorbed by the body and will disappear from sight.

- **Juvederm**

Restores volume to deep facial folds and smile lines with an all natural collagen that is already found in the body.

- **Chemical peels**

Used for acne, mild scarring, wrinkles, dry skin, age spots and sun damaged skin.

- **Microderm abrasion**

Can be used in conjunction with chemical peels for the reduction of fine lines, wrinkles, active acne & acne scars, uneven skin tone, brown spots & sun damaged skin.

- **Eyelash extensions**

Longer, thicker, luscious and natural looking eyelashes.

- **Visia skin analysis**

Helps identify problem areas of your complexion allowing experts to set up a personalized approach to your skin treatment.

FOCUS FITNESS

Catering to a select few

You are greeted by name, a warm welcome, a towel and a bottle of water. You are treated with respect and consideration while under

the watchful eyes of doctors, physical therapists and the personal trainers on staff. The professional and courteous staff make your fitness goals their priority.

All this and you don't even have to be a member to enjoy it! That's right; you don't have to be a member! Hire a personal trainer, take a class, use the gym for the month, for the summer, while here on vacation for the weekend or whenever you want. Pay as you go. Use Focus Fitness as your personal gym whenever you want it. Those that choose to become members will enjoy numerous benefits including member only discounts on spa services.

Featuring:

- **Certified personal training department**

- **Les Mills Classes**

Certified class instructors teach various cardio, step and spin classes designed to increase strength, stamina and endurance

- **Tai chi & yoga classes**

- **Elliptical machines**

- **Treadmills**

- **Stationary bikes**

- **Weight lifting machines and equipment**

Leave your towel and toiletries at home! At Focus Fitness, all water, towels and shower necessities are provided for you.

GARDEN STATE SPINE & PAIN INSTITUTE

The doctors you've been aching for

Our practice is simple! Medical doctors, physical therapists and chiropractors working together as a TEAM. Complete musculoskeletal care is only complete when it addresses both the muscles and the skeleton. Physical therapists work on muscles and chiropractors on the skeleton, and our medical director supervises both sides of care. This TRIAD of care is the hallmark of Garden State Spine & Pain Institute and it is the combination of care that leads to permanent correction. Getting people out of pain while providing the highest level of patient care is our number one priority. We have always provided a genuine interest in our patients and enjoy showing people how to become healthier. We treat everyone the way we would want to be treated ourselves,

like family, which is why we are very excited to now be able to refer patients to the gym and the spa that will be right across the hall from our office in the new SOUL FOCUS building.

Get up. Get out of pain, and get going!

All you have to do is show up and we will do the rest. Our mission at SOUL FOCUS is to make you healthy. Regardless of your current health or fitness background, if you desire pain relief, physical fitness, cosmetic improvement, or total relaxation allowing you to breathe easier, think more clearly or bath in self indulgence, at SOUL FOCUS, YOU are the sole focus. Indulge the senses. Feed the soul. SOUL FOCUS—coming soon! ■

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- **GARDEN STATE SPINE & PAIN INSTITUTE**

The doctors you've been aching for



— Dr. Raj Gupta

We ARE the Doctors

You've been Aching for!

GARDEN STATE SPINE & PAIN INSTITUTE, LLC

**1806 RT 35 South
Oakhurst, NJ 07755**

Call for more info:

732-660-1113

www.gardenstatespine.com

Got questions? Just want to say Hi?... email me! Drrraj@gardenstatespine.com