

Jill R. Green massage services

When life gets too stressful, restoring balance and improved health are important. As a fully-certified, licensed and insured professional massage therapist, I am dedicated to helping people achieve these goals.

Using only safe, effective and proven therapies, I respect the delicate balance between mind and body. My treatments are designed to help you relax, center yourself, and receive the healing, rest and nurturing your body deserves.

Why wait until the day to day stress takes its toll, when you can experience the rejuvenating benefits of massage now.

Swedish

A soothing massage to ease body and mind tensions . Increases circulation and muscle tone.

Therapeutic

A massage which combines deeper Swedish, Myofascial and trigger point techniques to rebalance the body. Tension is released to reduce pain and soreness, and improve circulation.

Sports and Therapeutic Stretching

An invigorating massage used to enhance athletic performance, and reduce injuries.

Reflexology

Through pressure applied to the reflex points, stagnant energy is released to improve circulation. Promotes balance and relaxation. May be performed fully clothed.

Hot Stone Therapy

Natural smooth stones are heated and used in combination with Swedish Massage techniques to melt away tension and pain. Eliminates muscle stiffness and spasms and increases circulation.

Paraffin Hand and Foot

A healing and moisturizing treatment to soothe and soften skin and warm joints.

Chair Massage

Pressed for time? Try a relaxing chair massage. You decide how long. Performed fully clothed.

Corporate Wellness

A simple, cost effective way to relieve stress, address aches and pains, boost morale, and make your employees feel wonderful. Massage is an important addition to the health and well being of your employees. Workplace massage therapy has come of age and its benefits are far-reaching. Services offered include chair massage, table massage, and hand/foot reflexology. Available for promotional seminars, business meetings, special events or weekly/monthly wellness visits.

Home Spa Party

Enjoy an in-home massage with your bridal party, or just a group of friends.

Couples Massages

Enjoy a relaxing Swedish or Therapeutic Massage with that special someone.

Raindrop Technique

Brings balance of harmony to the body-physically, mentally and emotionally.

Swedish Massage

1/2 Hour	\$ 40.00
1 Hour	\$ 75.00

Therapeutic Massage

1 Hour	\$ 90.00
Hot Stone Massage	\$100.00
Raindrop Technique	\$ 95.00

Neck and Shoulder Massage Fully Clothed Chair Massage

10 Minutes	\$ 15.00
Paraffin Hand Treatment	\$ 15.00

Call today for an appointment. (973) 729-9567.

I work primarily in the Andover/Newton/Sparta area of Sussex County. Ask about my referral specials.

I can also be contacted online via my website: jillrgreenmassage.com or via email: jill*at*jillrgreenmassage.com