

Hair Removal / Waxing

Professional hair removal using hard wax, soft wax or both with the most sanitary procedures for your protection. We never, ever double dip.

Brow Sculpting	\$50	Arms	\$35
Lip	\$10	Underarms	\$30
Chinny, chin, chin	\$20	1/2 Leg	\$40
Brow Tint	\$35	Full Leg	\$75
Basic Bikini	\$40	Back	\$45
Teeny Bikini	\$60	Shoulders	\$25
Brazilian (strip or bare)	\$75	Chest	\$35
Buttocks	\$25	Stomach	\$20
Belly Trail	\$10	Add on time	\$35

Wax Packs & Combos

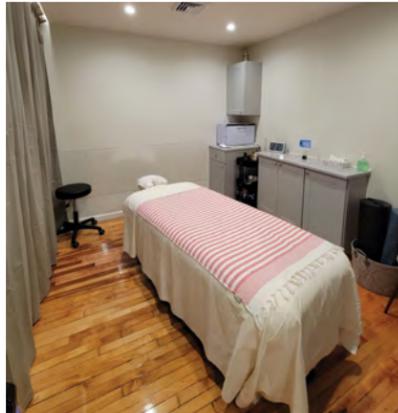
Prepurchase wax visits to save.

- Brow + Lip \$30**
- 6 Pack Brows \$125**
- 6 Pack Brazilian \$375**

Waxing FAQs

Please call us with any specific questions to make this service more comfortable.

- For sensitive areas such as Bikini, Back or Chest:
 - 24 hours pre service-exfoliate daily with Scrubby Gloves or Salux Cloth to lift any trapped hairs.
 - Post Service: Apply an over-the-counter antibiotic ointment for the first 24 hours, followed by Clear It or Ingrown Zone (available in our retail section) for the next 2-3 days. Use Scrubby Gloves or Salux Cloth daily.
 - Post body waxing avoid excessive perspiring, saunas, hot tubs or pedicure baths
- Important Note:**
- Waxing is not recommended for the following conditions or Rx: Accutane, Retinoids, Retin-A, Differin or Tazorac users, sunburns and recent laser/chemical treatment. We are happy to tweeze facial hair where the previous RX products are used.
 - Hair should be at least 1/4 inch in length or 3-4 weeks growth.



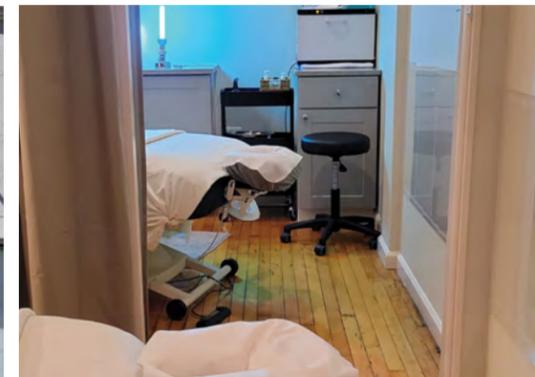
Our treatment rooms are designed to be comforting and calming



Harmony Day Spa staff members are all nationally and state-certified spa professionals dedicated to providing our specific wellness modality of advanced skin care, therapeutic massage, and body treatments. In addition to their professional licenses, all employees undergo CPR certification and pass state police background checks.

All of us love what we do and are committed to constantly upgrading our education in specific treatment modalities and advanced products to provide you with the best experience possible. Each team member possesses stellar professional credentials, and they all play important roles in providing you with a peaceful, therapeutic visit that will soothe you body and soul.

Our primary directive at Harmony Day Spa is to treat everyone with dignity and respect. We understand that every individual has a different level of comfort with the intimacy that therapeutic massage and body treatments provide. Rest assured that we are professionals who, above all, wish to provide a safe space for our clients. Every Harmony employee receives continuing education that includes ethics training on subjects such as appropriate touch and boundaries.



Book a Service

Welcome to the peaceful realm of Harmony, a tranquil retreat for those who seek calm relaxation. We are at your service.

Phone: 973.226.3232

Online: harmonydayspa.com, "Book Now"

Our convenient, first floor location accommodates wheelchairs.

5 Smull Avenue • Caldwell, NJ 07006
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Facial Treatments

Harmony Classics

All of our facials are customized to your unique skin or to address general skin concerns. All facial treatments include a full cleansing, exfoliation, and extractions.

These treatments have been our guiding principles from our inception. A wholly customized facial treatment in **two different time frames** including a complete cleansing, exfoliation, and manual extractions with customized masks and face and neck massages. Available in both **50 and 90 minutes sessions**.

For all skin types and ages, aggressive and/or adult acne, the casual skin care tuneup, and the first-timer. Women, men, preteens... all are welcome. No additional facial equipment is used.

Harmony Foundation Facial
\$150.00 90 minutes

Harmony Foundation Facial Lite
\$85.00 50 minutes

Quick Peel

A very effective customized light chemical peel. No fluff, no mess; in and out in 25 minutes. Priced to be performed in a series of treatments as designed by your esthetician and not to replace a regular facial treatment. Excellent results when done in a series of several treatments starting with a Harmony Foundation Facial. May have mild redness or flaking for 3-5 days.
\$55.00 25 minutes

Glow and Go

The "Glow and Go" is a 45-minute super effective treatment perfect for a last-minute event or spur of the moment date night! Better when done the day before an event. We do a quick cleanse and exfoliation, give your skin an O2 blast and a 25-minute LED session. You are out the door and ready for a filter-free selfie.
\$100 45 minutes



Book for Time Facial Treatments

Instead of wondering exactly what your skin needs before you reserve your appointment, we have decided to simply Book for Time. We speak and consult with you, find out your skincare concerns and together come up with a plan for your skin care treatment — no annoying upcharge conversations mid-treatment or surprises at the end of your service. Everything is included in the time that you booked and budgeted.

50 minutes = \$120
90 minutes = \$175
120 minutes = \$220

All machine modalities are included

Treatments we may accomplish in this Book for Time concept are Microcurrent, Diamond Tip Microdermabrasion, Hydra Microdermabrasion, LED, Ultrasonic Infusion and Gua Sha.

Please note that not every modality is right for everyone. In every treatment, we will have a mini check-in to decide what is the best treatment specifically for you. The more treatments you want the more time you can book.

Hydradermabrasion

This is much like the dry microdermabrasion you've come to know and love. Fast, effective, and immediate gratification. We offer a Diamond Tip and the newest Hydradermabrasion.

Hydradermabrasion is the use of forced water and oxygen onto the surface of the skin to smooth, even tone, soften, and whisk away excess dead skin cells. Brightening and smoothing, hydradermabrasion drastically enhances skin's ability to absorb active ingredients in the treatment room and your home care regimen. Hydradermabrasion deeply infuses hydration and nourishing serums, leaving skin soft, smooth, and glowing.

Microcurrent

This is the ultimately proven innovation in non-invasive anti-aging therapy. Microcurrent delivers a tiny, low-level electrical current that mimics the body's energy. This current stimulates collagen, elastin, and the production of adenosine triphosphate (ATP). ATP is the fuel our cells run on. Microcurrent systematically reduces the signs of aging in 3 primary ways.

1. Boosting circulation and increasing skins own natural hydration production. By increasing circulation, muscles gain tone and skin sees a drastic uptick in color, function, and resilience.
2. Re-educating the muscle via a cerebral effect. There are roughly 30 muscles in the face that may be relaxed or tightened — lengthened or contracted. The brain uses a specialized proprioceptor called the Golgi Tendon Organ (GTO), which gathers essential details about facial muscles and their behaviors, specifically, whether or not to fire the impulses that trigger relaxation or tone.
3. ATP is often referred to as "life's energy," the stockpile of which has a profound effect on muscle memory.

Just like cardiovascular and weight training for the body's muscles, freshly toned "mental muscle memory" helps to rebuild the structure of facial muscle anatomy. You should expect to see improved muscle tone, improved product penetration, plumper skin, stimulated collagen and elastin formation and smoother texture. A series of 6 treatments is a good place to start, but one treatment will show the beginnings signs of results.

HDS Facial Gua Sha

This is a traditional East Asian massage therapy. Also referred to as coining, spooning or scraping, Gua Sha (called Kerik in Indonesia and Khoud Lam in Laos), uses a smooth-edged scraping board to gently but firmly skim skin's surface. HDS Facial Gua Sha uses a proprietary massage technique incorporating MLD, Gua Sha, traditional Lifting and Contouring massage techniques and additional fascia work with both Rose Quartz and Jade Stones or rollers. It is a 30+ minute facial and neck massage work out. We start with light strokes and non-comedogenic oil to encourage the movement of stagnated fluid from skin tissue. As fascia is warmed and relaxed, puffiness begins to deflate, clogged pores are physically stimulated to release congestion, and skin starts to take on a youthful flush. You should expect increased blood flow, improved elasticity, and gradual improvements in skin firmness. You should also see changes to dull, sluggish skin, lax skin, acne congestion, and clogged pores.

LED Phototherapy

LED (light emitting diode) is a low energy therapeutic light that plays a significant role in skin recovery. Carefully measured wavelengths energize cellular activity and stimulate fibroblasts which increase collagen and elastin. Good for post acne therapy or exfoliation, Blue LED may be used for anti-inflammatory or antibacterial purposes to banish Propionibacterium acnes and other acne triggers. Post stimulating anti-aging therapy or exfoliation, Red LED may be used to address aging signs and is great for acne breakouts, inflammation, improved circulation and improved stimulation of collagen and elastin.



Red LED Phototherapy

Body Treatments

The Sky

60 minutes of care for the face, neck, scalp, and upper back utilizing both hot and cold therapy with targeted Gua Sha jade and rose quartz stones. This service is a wellness treatment that aids in alleviating the discomfort of migraines, sinus pressure, TMJ, neck pain, tech neck, and general tension in the head, neck, and shoulder areas. FYI, your hair may be a little disheveled post treatment.
\$135.00 60 minutes

The Ground

A treatment dedicated to the lower legs and feet to relieve tension and improve range of motion and healthy circulation. Incorporates warm towels, reflexology, and mild assisted stretching.
\$135.00 60 minutes

Therapeutic Massage

We provide professional therapeutic massage and bodywork services and demonstrate excellence in practice by promoting healing and well-being through responsible, compassionate and respectful touch. Harmony Day Spa specializes in therapeutic massage, including Prenatal, Neuromuscular, Hot Stone and Swedish massage. Our massage therapists are both nationally and State Certified Massage Therapists. We are American Massage Therapy Association Professional Members.

*Massage prices do not include the current NJ sales tax.

Back in Harmony

It's all about the back in this 45 minute massage. Every square inch of your back, neck, and shoulders are treated with some well-deserved attention. We'll use hot towels, Swedish, and Deep Tissue massage to stimulate blood flow and ease tightness for overall body and mind relaxation.
\$85.00 45 minutes

Fusion Massage

You pick the therapeutic modality (Swedish, Deep Tissue, or Hot Stone) one or all three. Designed to completely relax and restore the senses. Your choice: Hot Stone just on your feet and Swedish on your back? No problem!
\$165.00 90 minutes
\$225.00 120 minutes

Swedish Massage

A relaxing massage to help stimulate the circulatory system and increase oxygen flow to sore muscles.
\$60.00 30 minutes
\$110.00 60 minutes
\$165.00 90 minutes
\$225.00 120 minutes

Deep Tissue Massage

This massage technique uses slower, more-forceful strokes to target the deeper layers of muscle and connective tissue to help with muscle damage from injuries. Great for sore necks and backs.
\$60.00 30 minutes
\$110.00 60 minutes
\$165.00 90 minutes
\$225.00 120 minutes

Hot Stone Massage

A relaxing Swedish-style massage using heated river stones to ease sore and tight muscles.
\$110.00 60 minutes
\$165.00 90 minutes
\$225.00 120 minutes

Prenatal Massage

A relaxing side-lying massage treatment that will safely ease the stresses that pregnancy places on your muscles. Safely performed massage in the 2nd and 3rd trimester.
\$110.00 60 minutes
\$165.00 90 minutes
\$225.00 120 minutes

Four Hands Massage

Four hands massage originates in the Ayurvedic tradition. According to contemporary practitioners, it is highly effective in balancing energy levels throughout the body. A four hands massage, otherwise known as a four-handed massage, offers a different kind of experience. During a session, two therapists work on the same client to perform a synchronized full-body massage. A four hands massage session will include slow and long sweeping movements that will be used to relax the body. These movements will be combined with more targeted movements that will break down knots and tightness in the muscles which cause pain and inflammation.
\$220.00 60 minutes
\$330.00 90 minutes
\$450.00 120 minutes



Simply purchase two treatments of the same length to utilize our couples or mom/daughter room.

Stretch and Go

This new assisted and passive stretching service is revolutionary in the way that we are able to properly stretch every muscle while you are on the table and comfortably dressed. We may use props such as stretching bands to get every aching muscle. Great pre-massage, or as a stand-alone treatment. Please wear loose-fitting gym clothes or yoga type wear. This may be added as a prelude to a massage service or a stand-alone service. We will teach you self-care and recovery tools.
\$65.00 30 minutes
\$110.00 60 minutes