



emerge  
brighter



# perfecting

**your journey**

eforea spa at Hilton Short Hills is a place like no other where you will reconnect with self and emerge brighter. Our Essentials and Escape Journeys feature both results-oriented and locally inspired therapies.

Signature to eforea spa are the Journey Enhancements, powerful mini treatments that are added to your existing services or enjoyed by themselves. These treatments have been specially designed for eforea and introduce guests to special, commonly unexperienced techniques from the most fabled spa cultures around the world.



## head & face

Find clarity. This illuminating experience draws from mystical practices of ancient Indian massage and powerful Thai therapies.

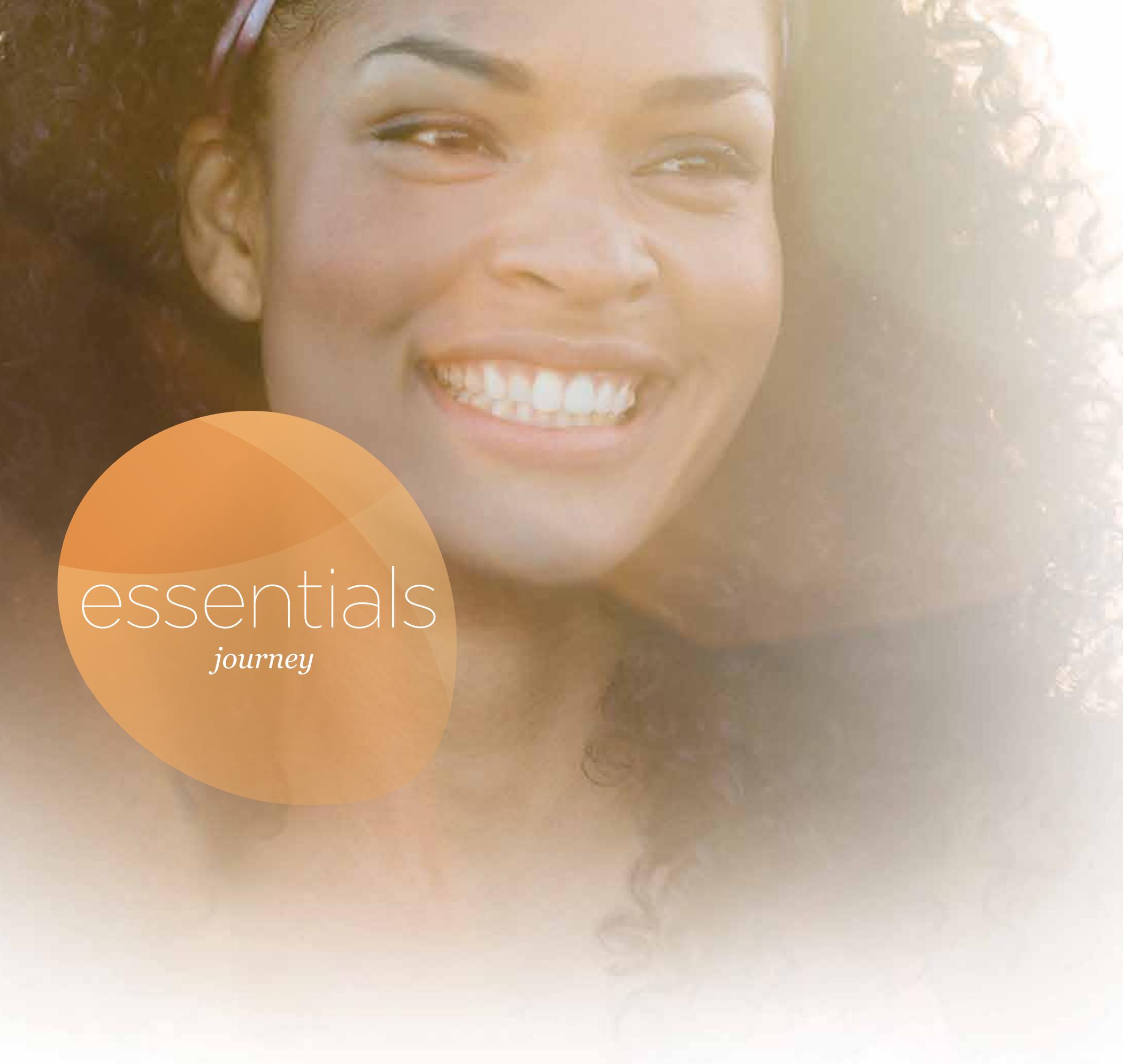
## shoulder, neck & scalp

Lighten your load. This deep relaxation experience draws from Chinese acupressure, modern science of trigger point therapy, and traditional methods of Swedish massage.

## feet



Ground yourself. This foot and legs experience combines the richness of ancient Egyptian reflexology with spiritual concepts of Native American healers.



essentials  
*journey*



**HYDROPEPTIDE**

Hydropeptide leads the industry in harnessing the power of peptides delivering unparalleled anti-aging results.

The unique combinations of encapsulated peptides strengthen the skin's foundation and allows for skin to reach its youthful potential.

# face

## Advanced Resurfacing Facial Treatment

**90MIN** \$210

Give your exfoliation routine a professional boost with this instant resurfacing treatment that leaves skin smooth and refreshed. Combine the best of science and nature to achieve age-defying results.

At Home Care: Power Serum/Face Lift

## Clarifying Facial Treatment

**60MIN** \$150

Improve the clarity of your skin. A combination of salicylic acid and blemish fighting peptides improve skins smoothness and balances oil production.

At Home Care: Exfoliating Cleanser/Redefining Serum

## Recovery Facial Treatment

**60MIN** \$150

Even sensitive skin glows after this calming, soothing treatment. A gentle peel refreshes skin without irritation while a nourishing mask helps to protect skin and restore hydration.

At Home Care: Soothing Serum/Solar Defense

## Signature “Glow” Facial Treatment

**90MIN** \$215

This relaxing, “no downtime” treatment infuses skin with the restorative benefits of peptides, growth factor activators, and proteins. A two-step peel incorporates Vitamin C infused microdermabrasion crystals and a plumping activator to reveal fresh, glowing skin.

At Home Care: Hydrostem +6 Serum/Eye Authority

# massage

## Swedish Massage

**60MIN** \$130 **90MIN** \$195

The ultimate in relaxation, this light touch massage uses long flowing techniques to place the body, mind and spirit into a meditative state. Aromatherapy can be added as an enhancement.

At Home Care: Herbal Comfort Neck Wrap

## Deep Tissue Massage

**60MIN** \$145 **90MIN** \$205

Alleviate tired, sore or overworked muscles with deep penetrating massage techniques. This treatment will leave your body feeling stress and anxiety free. Aromatherapy can be added as an enhancement.

At Home Care: BioFreeze Cool Therapy Pain Relief with Menthol

## Warm Stone Massage

**60MIN** \$150 **90MIN** \$210

A combination of the therapists’ hands and smooth warmed stones work seamlessly to relax tense and tight muscles. Aromatherapy can be added as an enhancement.

At Home Care: Natural Sea Salts Bath Soak

## Couples Swedish Massage

**60MIN** \$270 **90MIN** \$400

A private Massage Suite for two where we welcome Couples to relax and enjoy a rejuvenating Massage. Aromatherapy or Deep Tissue Pressure can be added as an enhancement.

At Home Care: Natural Sea Salts Bath Soak

## Essentials Aromatherapy Enhancements

**EACH** \$15

- Rest – Lavender Blossom
- Renew – Alpine Arnica
- Detox – Deep Forest

# body

## Rejuvenating Body Treatment

**90MIN** \$205

A gentle yet effective Apple Stem Cell Body Peel to resurface dull and rough skin. This treatment is a “Facial for the Body” and will leave you revived. During the exfoliation process a stimulating scalp and acupressure face Massage will be performed to transport you to a space of well-being.

At Home Care: Firming Moisturizer

## Slim-Down Treatment

**90MIN** \$220

Revitalize the body by increasing cell turnover with a stimulating microdermabrasion crystal scrub followed by a Vitamin C enriched Body Wrap to help draw out impurities from the skin. A stimulating scalp and acupressure face Massage will be performed to assist in creating a greater sense of overall peace and tranquility.

At Home Care: Firming Moisturizer

## Signature Hydration Ritual

**60MIN** \$140

Indulge in an eforea spa exclusive with this nurturing and hydrating body ritual. This treatment begins with a scalp Massage that stimulates the senses and flows directly into a gentle soothing body buff finishing with a warm stone massage.

At Home Care: Body Soufflé

## Body Buff

**30MIN** \$85

This eforea exclusive is a quick taste of the Hydration Ritual and allows for increased circulation and vitality to be brought to the body.

At Home Care: Body Buff

essentials  
journey



escape  
*journey*



**NATUROPATHICA**

Naturopathica is about creating performance based skin care solutions that merge the natural healing properties of plants with the latest in clean cosmeceuticals to deliver visible results.

# face

## Pure Results Facial

45 MIN \$110 60 MIN \$145

Enjoy a sensory experience that starts with a light Facial exfoliation to sweep away dead skin cells followed by a rejuvenating cooling Gel Masque, and Booster Serum application. Leave feeling fresh and vibrant with the best that nature has to offer.

At Home Care: Oat Cleansing Facial Polish/Plant Stem Cell Booster Serum

## Brightening Facial

60 MIN \$140

This facial targets the effects of stress on the skin. Potent Antioxidants and corrective botanical extracts work together to revitalize and protect from future damage.

At Home Care: Vitamin C15 Wrinkle Repair Serum

## Lifting “Dew” Facial

60 MIN \$170

A blend of anti-aging and firming technology to create a lift and tone affect in the skin.

At Home Care: Dew Hydrating PH Perfector/ABO Face Serum

# massage

## Prenatal Massage

60 MIN \$140 90 MIN \$200

A journey to the ultimate level of relaxation, targeted to the specific needs of expectant moms.

At Home Care: Gotu Kola Healing Balm

## Healing Belly

30 MIN \$80

This wonderful treatment is a great way to address the concerns of pregnancy. A soothing balm is placed on the belly for stretch marks and a cooling peppermint cream revitalizes swollen legs and feet.

At Home Care: Gotu Kola Healing Balm

## “Mighty Mint” Reflexology

30 MIN \$80 45 MIN \$125

Traditional acupressure foot massage that incorporates the stimulating and invigorating benefits of peppermint.

At Home Care: Mighty Mint Rescue Cream

## Alpine Arnica Therapeutic Sports Massage

60 MIN \$165 90 MIN \$225

This intense treatment relaxes the sorest muscles with the best pain relievers from nature's pharmacy.

At Home Care: Arnica Muscle and Joint Gel

# body

## Rosemary Citron Sea Salt Scrub

60 MIN \$150

Sea Salts rich in mineral content, blended with Rosemary and Citrus essential oils stimulate circulation while removing dull, dry skin. This scrub is revitalizing and leaves the skin polished. This treatment is performed in our Vichy treatment room when available.

At Home Care: Sicilian Bergamot Body Lotion

## Espresso Mud Body Treatment

60 MIN \$150

Treat yourself to this indulgent coffee bean, honey and Black Silt Clay body treatment. Let your body and mind be transported on a sensory journey of rejuvenation.

At Home Care: Sicilian Bergamot Body Lotion

escape  
journey



**eforea spa at  
Hilton Short Hills**

eforea spa is a place to release the stresses of everyday life and ascend to a state of emotional tranquility and physical wellbeing. Whether your desire is to invigorate the soul, relax the mind, or beautify the body, our professional therapists will exceed your every expectation.

**phone** (973) 912-7956 or  
[WWW.hiltonshorthills.com](http://WWW.hiltonshorthills.com)

**CANCELLATION POLICY**

If you need to cancel or change your services, we request a minimum of 24-hour notice. The full service will be charged on any late cancellations or no-show appointments.

**APPOINTMENTS**

For spa services, please arrive 20-30 minutes in advance of your appointment to allow time to change into a robe, enjoy the Indoor Pool, Jacuzzi, Dry Sauna and our Transition Lounge. For salon services, we recommend arriving 10-15 minutes prior to service. Being on time for your appointment is appreciated, both in consideration of our other guests and in order for you to receive your full service.

**COMPLIMENTARY AMENITIES**

Robes and slippers are provided to help you relax during your stay in the spa.

**GIFT CERTIFICATES |  
MEMBERSHIP**

Gift certificates are available at the eforea spa reception, including gift packaging. Also ask us about our exclusive eforea spa club and health club membership.

**SERVICE PROVIDERS**

Please advise us of your gender preference for your service provider. Gratuities for your service provider are not included and are at your discretion.

**AGE REQUIREMENT**

The spa is an adult-oriented atmosphere, therefore the minimum treatment age is 16. Children under the age of 18 need a signed waiver and/or accompaniment by a parent or adult guardian for services.