

Chambers Center for Well Being

Menu of Services

Lifestyle Services

Fitness Assessment

Personalized Fitness Assessment + Exercise Plan	60 min.	\$95
Body Composition Analysis	25 min.	\$50

Strength and Conditioning

Personal Training - Private 1:1	55 min.	\$60
	30 min.	\$40
6-Pack (\$55/ea.)	55 min.	\$330
12-Pack (\$50/ea.)	55 min.	\$600
Yoga 1:1	60 min.	\$99
Pilates Mat 1:1	60 min.	\$99
Refresh Stretching Session	30 min.	\$50

Nutrition

Nutrition Assessment	60 min.	\$125
Private Nutritional Counseling	50 min.	\$105
	30 min.	\$55

Well-Being Coaching

Well-Being Coaching - Initial	60 min.	\$99
Follow-up	50 min.	\$85
	30 min.	\$55
12-Pack (\$50/ea.)	30 min.	\$600

Medical Spa Services

Acupuncture

Acupuncture - Initial	60 min.	\$150
Follow-up	60 min.	\$95
6-Pack (\$90/ea.)	60 min.	\$540

Massage

Chambers Express Massage	45 min.	\$70
Chambers Relaxation Massage*	60 min.	\$85
Deep Tissue Massage*	60 min.	\$110
Chambers Oncology Massage*	60 min.	\$100
Maternity Massage (Pre/Postnatal)	60 min.	\$100
Lymphatic Massage	90 min.	\$145
Warm Salt Stone Massage	90 min.	\$130
*Add 15-minute increments (max. 120 min.)	15 min.	\$20

Massage Add-On Treatments (add to any massage)

Scalp Treatment	15 min.	\$32
Foot Treatment	15 min.	\$41

Skin Care

Chambers Customized Facial	60 min.	\$125
6-Pack (\$120/ea.)	60 min.	\$720
Chambers Express Facial	30 min.	\$99
Bright Skin Treatment	60 min.	\$130
Clear Skin Treatment (for Teens and Adults)		
Initial	75 min.	\$155
Follow-up	60 min.	\$135
Microdermabrasion	60 min.	\$140
6-Pack (\$135/ea.)	60 min.	\$810
Microdermabrasion Express	45 min.	\$110
Personalized Peel Treatment	60 min.	\$140
Dermaplaning	30 min.	\$59

Well-Being Services

Biomat

Biomat Session	45 min.	\$55
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Cryotherapy

Cryotherapy Session	15 min.	\$50
Unlimited Cryotherapy	One month	\$400

Infrared Sauna

Infrared Sauna Session	25 min.	\$36
Unlimited Infrared Sauna	One month	\$199

Salt Room

Salt Room Session	25 min.	\$36
Unlimited Salt Room	One month	\$199

Well-Being Packages

Salt, Sauna and Cryo (one of each)	75 min.	\$110
Salt or Sauna, 6-Pack (\$32/ea.)	25 min.	\$192
Salt or Sauna, 12-Pack (\$28/ea.)	25 min.	\$336
Unlimited Salt, Sauna and Cryo	One Month	\$435

Medical Care

Functional Medicine

Initial	75 min.	\$450
First Follow-up	60 min.	\$300
Subsequent Follow-up	45 min.	\$225

Lifestyle Medicine

Initial	60 min.	\$300
Follow-up	45 min.	\$200
Acute Care	30 min.	\$100

For more information or to schedule a service, please contact us at 973-971-6301 or chamberscenterforwellbeing@atlanticealth.org.

 Atlantic Health System

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