

★★★★★ by Anon on 2020-03-06

Massage was decent, but when I asked for deeper pressure as I had signed up for a deep tissue massage I really don't feel I received it nor was I asked if the pressure felt better. The lack of care or mechanical way of communication felt like it needed improvement. Also I wasn't offered the lavender or peppermint aromatherapy or the other product something like icy hot which is listed on the brochure. Was disappointed by that oversight on top of everything else. Also, the eye patch was just plopped over my eyes and it was so rough. I didn't even know it was Coming. You need to upgrade the material used for the eyes. Overall I wouldn't recommend this place for the mismatch of service & prices!

NPS:

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★★★★★★ by on 2020-01-14

I had a facial with microdermabrasion with Natalia and she was nothing short of amazing! She took the time to assess my skin and provide her expert recommendations on what I needed to achieve my goal of clear, glowing skin. The whole experience was relaxing, educational and thorough. I highly recommend her and will definitely be coming back!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★★ by Anon on 2019-12-17

Outstanding service, relaxing, just what I needed!!

NPS:

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★★★★★★ by on 2019-11-26

The service is splendid. I am feeling so refreshed and rejuvenated after the facial and massage. Love it!

NPS:

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★★★★★ by Anon on 2019-10-07

Wonderful as usual! Mariah always does a great job and I leave feeling so relaxed.

NPS:

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★★★★★ by on 2019-09-16

Always a great experience at this gem in Hoboken. Natalia did an amazing facial and the facial massage with product she gave was unreal!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2019-09-02

Massage was great! I had severe knots in my neck and shoulders. They were worked out and I had one of the best nights sleep in a while!! My trapezius is very tender today, but well worth it! Thank you, Naomi!!

NPS:

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★★★★★ by on 2019-08-17

I have been coming to Body Balance for years, and always have a great experience. Friendly, knowledgeable staff, excellent service and the best massages.

NPS:

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★★★★★ by on 2019-08-13

It was a wonderful massage session

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2019-08-08

My therapist is wonderful. One of a kind.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2019-08-05

I have had facials with Ivy and my skin looks phenomenal. She is amazing and gave great recommendations for my skin. My massage with Naomi was really good. The pressure was perfect the whole time and she was very friendly.

NPS:

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★★★★★ by on 2019-06-06

You guys are great. Amazing spa!!

NPS:

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★★★★★ by Anon on 2018-01-12

Massage was excellent!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2018-01-05

Best facial I ever had. I got a lot compliment about how good my skin look. Very profesional personnel.

NPS:

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★★★★★ by Anon on 2017-12-30

Friendly service. Excellent massage.

NPS:

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★★★★★ by Anon on 2017-11-14

The good: My massage therapist, Mariah, was awesome. Seriously. I have been getting professional massages for decades, including from my osteopath for some ongoing back/shoulder issues, and Mariah was really very good. She checked in with me often to make sure I was comfortable, and responded to feedback. The space was very calming, as well. I'm sending my husband here this weekend, highly recommend. The not so good: Get rid of the weird fish tank in waiting room (if you want a calming affect, get a little water fountain/bubbly thing.) There was no where to put the used teabag. And wow, the branding/design and marketing for this place is ugh - so Hoboken. Not very modern or competitive. It reminds me of that place Massage Envy and the actual experience could not have been more different.

NPS:

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★★★★★ by Anon on 2017-11-10

I had a really great experience. It was very relaxing and just what I needed to unwind. My skin feels incredible after the facial and microdermabrasion session. I definitely will be recommending this place to all my friends and family!

NPS:

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★☆☆☆☆ by on 2017-11-03

I get regular massages and was looking for a good place in the neighborhood. For my first time here, I had a very stressful week and I was looking forward to being relaxed. Instead I paid for the full hour and got only 40mins of rushed massage because I was late. I was told there was no way to get in a few more minutes - and when I come out 10 mins later, the lady is outside just waiting... my visit did not feel personable nor did it help reduce my anxiety and relax. I would never go here again. They don't have any buffer time between appointments or they they pretend they don't.

NPS:

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★★★★★ by on 2017-10-22

Staff is great nice and very friendly. Facial was great

NPS: 0 1 2 3 4 5 6 7 8 9 10

★★★★★ by on 2017-10-12

The best massage in my life

NPS: 0 1 2 3 4 5 6 7 8 9 10

★★★★★ by on 2017-10-11

Amazing facility! I highly recommend.

NPS: 0 1 2 3 4 5 6 7 8 9 10

★★★★★ by Anon on 2017-10-08

Amazing!! I'm very picky about massages but the massage service here was fantastic. Highly recommend.

NPS: 0 1 2 3 4 5 6 7 8 9 10

★★★★★ by on 2017-10-03

Tops! the esthetician was very knowledge about my skin concerns and I really appreciated her honest suggestions. The facial was wonderful. The massage was excellent!!

NPS: 0 1 2 3 4 5 6 7 8 9 10

★★★★★ by on 2017-09-24

Relaxing

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2017-08-28

My facial was so relaxing that I was even able to dream throughout it. Highly recommend! Wonderful service.

NPS:

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★★★★★ by Anon on 2017-08-16

The staff was very friendly, facility clean, massage therapist was really great! I liked that he focused on the troubled area and I didn't feel like a robotic massage routine like the corporate massage chains.

NPS:

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★★★★★ by on 2017-08-13

Great experience! Wish it wasn't so overpriced though. I think if they lowered their prices it would be way more popular

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2017-08-07

Exceptional massage and facial!!!! Hope and Hisako are fantastic.

NPS:

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★★★★★ by on 2017-07-31

I saw an immediate improvement in my skin after my facial.

NPS:

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★★★★★ by on 2017-07-30

Met all my expectations!!!!

NPS:

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★★★★★ by on 2017-07-27

AMAZING.

NPS:

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★★★★★ by Anon on 2017-07-21

Gio did an amazing job!

NPS:

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★★★★★ by on 2017-06-13

Great facial! My skin looks and feels awesome. The service was so relaxing and the esthetician, Oana was knowledgeable and pleasant.

NPS:

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★★★★★ by Anon on 2017-06-11

I was very happy with my microdermabrasion facial. I will definitely return as a happy customer.

NPS:

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★★★★★ by Anon on 2017-06-06

Massage was a bit more intensive than I expected, so am a little sore as a result. However, I have been a client for over a year and the experience has always been pleasant, ease of booking is great as well!

NPS:

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★★★★★ by on 2017-05-09

Amazing massage! Perfect amount of pressure that I needed and Michael worked out a lot of tightness I did not know was there. Will be back soon.

NPS:

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★★★★★ by Anon on 2017-05-04

Best facial I've ever had in my life. They talk through the process and help you figure out a skincare regiment going forward. Highly recommend!

NPS:

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★★★★★ by on 2017-04-29

For my first facial, I had a great experience! Oana was wonderful and I would highly recommended her. Excited to return for a follow-up!

NPS:

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★★★★★ by on 2017-04-17

Excellent massage and service

NPS:

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★★★★★ by on 2017-03-22

The Massage was good, and technicians are very good, however I was disappointed that Body Balance would not allow me to restart my membership at my previous price. After 3/4 years of membership, I should not be given a new member price.

NPS:

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★★★★★ by on 2017-03-13

Overall experience was amazing. Made me feel beautiful and young again. I liked the products you use and they are natural, vegan. Thanks for suggestion to keep my skin healthier daily. I have started following new tips. This service and staff personnel deserves more than five star.

NPS:

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★★★★★ by on 2017-03-12

My massage was amazing! Just the right amount of pressure without pain. I felt like I had a brand new body afterwards. I can't wait to come back.

NPS:

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★★★★★ by on 2017-03-02

Oana was amazing! I had the best facial with her, and she was very attentive to my skin's needs and told me which products to use and which to ditch in my daily routine. I already booked a follow up for next month.

NPS:

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★★★★★ by Anon on 2017-02-21

This was my first time going to Body Balance (based on a friend's recommendation) and it was great! The staff was super friendly and very helpful. The facial I received was fantastic! I went in for an acne treatment and was so happy how my skin looked the next day. I've already booked my next appointment and can't wait to go back.

NPS:

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★★★☆☆ by on 2017-02-20

The woman at the front desk was nice the other seemed very abrupt and annoyed that I walked in. The massage room seemed untidy so much that I didn't even want to step on the floor. The massage itself was not what I hoped for. I requested a sports massage with focus on my quads, hip and calves. I didn't feel that the pressure was enough so I asked for her to increase pressure. She did for a while, but then reverted back to the mild massage. It was definitely not a sports massage. The aesthetician was very knowledgeable and kind. I enjoyed the facial.

NPS:

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★★★★★ by Anon on 2017-02-13

My facial was outstanding and the esthetician gave me outstanding advice about my skin and how I can better take care of it without trying to push product on me. My skin is glowing and I've taken her advice on additional products to hydrate my skin.

NPS:

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★★★★★ by on 2017-02-08

Went to Body Balance, I got a massage with Ivy, She is outstanding, very good technique, and very friendly, her touch just amazing, I recommend 100%, I will definitely come back.

NPS:

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★★★★★ by Anon on 2017-02-07

I very much enjoyed my experience. The facial was great and well explained and Hope was INCREDIBLE during my massage. The only thing that would have been slightly more comfortable would be a separate waiting room other than the main one for when you're between treatments in a robe. If you're only getting one treatment, this doesn't really matter. Hopefully I can come back soon!

NPS:

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★★★★★ by Anon on 2017-01-30

The woman who did my facial was very helpful and informative. The facial itself was very relaxing and she left me feeling empowered.

NPS:

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★★★★★ by Anon on 2017-01-30

Very relaxing and friendly staff. Great massage!

NPS:

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★★★★★ by Anon on 2017-01-30

Great staff, comfortable and clean

NPS:

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★★★★★ by on 2017-01-29

Wonderful from start to finish!

NPS:

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★★★★★ by on 2017-01-29

Conveniently located, staff is always professional and awesome massages. Always recommend to my friends.

NPS:

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★★★★★ by on 2017-01-29

Lovely every time I get a facial or massage. Especially love my facials with Auralius.

NPS:

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★★★★★ by on 2017-01-28

staff is friendly, environment is calm and relaxing, and every massage I've had has been spot on.

NPS:

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★★★★★ by Anon on 2017-01-26

Fantastic massage!!

NPS:

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★★★★★ by Anon on 2017-01-24

Mariah was great, although all of the massage therapists I've seen at Body Balance Hoboken have been really excellent. I tell all my Hoboken friends they should schedule an appointment.

NPS:

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★★★★★ by on 2017-01-22

The deep tissue massage was great. The foot massage add on was well worth it as well.

NPS: 0 1 2 3 4 5 6 7 8 9 10

★★★★★ by Anon on 2017-01-22

Relaxing experience, attentive massage therapist and pleasant staff

NPS: 0 1 2 3 4 5 6 7 8 9 10

★★★★★ by Anon on 2017-01-12

I had a prenatal massage. It was great!

NPS: 0 1 2 3 4 5 6 7 8 9 10

★★★★★ by on 2017-01-10

This was my first time visiting Body Balance and I most certainly will be back again. I arrived a little late due to work but was still warmly welcomed. My massage experience was amazing and refreshing. Thank you, Body Balance!

NPS: 0 1 2 3 4 5 6 7 8 9 10

★★★★★ by Anon on 2017-01-06

Everyone was professional and efficient. Facility was clean and inviting.

NPS: 0 1 2 3 4 5 6 7 8 9 10

★★★★★ by on 2017-01-05

I went to body balance in December for a couples massage, the room was so cold I couldn't enjoy the massage. The massage therapist turned on the little portable heater but her arms were so cold that when she used her forarms to massage my back it wasn't relaxing at all.

NPS: N/A

★★★★★ by on 2017-01-05

Excellent service! Therapust was fab. Ill be back!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2017-01-03

I received a deep tissue massage which was excellent. I would recommend Michael very, very highly.

NPS:

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★★★★★ by on 2016-12-31

Body Balance never disappoints. I always know I am going to get a quality massage every time I go.

NPS:

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★★★★★ by Anon on 2016-12-29

The Masseuse was absolutely wonderful. She was kind, considerate, and polite. She made sure I was comfortable and addressed all my concerns. However the first thing you get when you walk in are very unwelcoming receptionists. Didn't really know what was going on other than being asked to fill a form with the rudest greeting possible. If it wasn't for the awful customer service with the receptionists, this place would receive

5 stars. The masseuses are the reason people keep coming back here, even with awful/disrespectful front desk customer service.

NPS:

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★★★★★ by Anon on 2016-12-25

Joan was great !

NPS:

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★★★★★ by Anon on 2016-12-25

Products were soothing and the facial left my skin glowing.

NPS:

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★★★★★ by on 2016-12-21

Wonderful facial!

NPS:

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★★★★★ by on 2016-12-20

Mariah is the best.

NPS:

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★★★★★ by on 2016-12-19

Perfect experience.

NPS:

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★★★★★ by on 2016-12-13

one of the best explanations of how to improve dull skin

NPS:

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★★★★★ by Anon on 2016-12-12

Oralys was AMAAAAZING. Best facial I've ever received.

NPS:

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★★★★★ by on 2016-12-12

It was great, as always! Got the knots out of my shoulders and was nice and relaxing.

NPS:

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★★★★★ by Anon on 2016-12-09

Melatin is hands down, consistently, the best masseuse I've ever been to! He listens to the client and immediately gets to work on the area(s) that need attention. Book him ASAP!

NPS:

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★★★★★ by on 2016-12-09

Along with a thorough massage, I got great tips on how to prevent further damage. Tips included pressure point relief, sleeping positions and exercises. They are so knowledgeable and really helps me be a healthier person.

NPS:

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★★★★★ by on 2016-12-08

great as always!

NPS: N/A

★★★★★ by Anon on 2016-12-05

Body Balance in Hoboken is wonderful. The facilities are clean and tranquil and the staff is courteous and friendly. I have gotten massages from Deborah and Joan, both of them are amazing. Absolutely recommended!

NPS:

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★★★★★ by Anon on 2016-12-02

Vanessa was amazing! She got right to it and focused on my problem areas. I didn't give 5 stars because I felt the decor and blankets were a little dingy. Also the main bathroom had a shower in it with a whole bunch of junk in it. Clean that out! Clients notice everything especially cleanliness and clutter.

NPS:

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★★★★★ by on 2016-12-01

Service was amazing.

NPS:

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★★★★★ by Anon on 2016-12-01

Everyone was very nice and polite. The space was clean and calming. The massage therapist I had was just ok. She seemed like she might not be very experienced.

NPS:

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★★★★★ by Anon on 2016-11-29

Meliton was great! He really knows what he is doing and helped my neck and back pain a lot.

NPS:

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★★★★★ by on 2016-11-27

Love how i was treated friendly outgoing people.

NPS:

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★★★★★ by on 2016-11-27

Greg is very technical and knowledgeable. He knew how to properly relieve stress and knots without hurting me. I would definitely go back to him!

NPS:

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★★★★★ by on 2016-11-21

Best massage I have ever had. Honestly! I forget the woman's name who I use- but she was the BEST and I can't wait to come back to see her

NPS:

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★★★★★ by on 2016-11-21

Amazing!!! Highly recommended!!

NPS:

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★★★★★ by on 2016-11-20

I gave the couples massage as a gift. They loved it.

NPS: 0 1 2 3 4 5 6 7 8 9 10

★★★★★ by on 2016-11-18

The massage was very good, and I enjoyed the space. The front desk had positioned the time for the massage as a 75 minute experience with a full 60 minutes of hands on. However my entire visit was 60 minutes with approximately 55 minutes of hands on. Thank you

NPS: 0 1 2 3 4 5 6 7 8 9 10

★★★★★ by on 2016-11-15

Very friendly and accommodating! Mariah is my favorite therapist and she knows her stuff! She has helped me with some problems I was having. Good place overall.

NPS: 0 1 2 3 4 5 6 7 8 9 10

★★★★★ by Anon on 2016-11-15

Fantastic every time!

NPS: 0 1 2 3 4 5 6 7 8 9 10

★★★★★ by Anon on 2016-11-09

Great service and polite staff

NPS: 0 1 2 3 4 5 6 7 8 9 10

★★★☆☆ by on 2016-10-26

I really enjoyed my massage last time but this time I was not impressed. I waited ten mins for someone at the front desk to acknowledge I was there and then was rushed to get back to the room and get undressed. The room should be stocked with hair ties, extra pillows and other things the massage therapist kept leaving the room to go get since that time cut into my massage. Then when checking out I asked about the Little Hoboken hook up card promotion and the receptionist had no idea what I was talking about and should have been informed about promotions you are running. This was after I waited another ten mins waiting to be checked out as the receptionist gabbed on with the girl before me. I was planning on buying a package to finish out my pregnancy but decided against it based on last night.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2016-10-24

Great massage option in Hoboken! Just remember, this isn't a full SPA experience. There's no robe, steam and sauna beforehand, it's just the service you request!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-10-24

Mike is just simply amazing!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2016-10-24

He was great! He really helped with problem areas.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2016-10-22

It was amazing and the staff is great to work with.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2016-10-21

Great!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-10-11

Very relaxing experience.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-10-11

My boss at work Tonya Henderson recommended that I go to Hoboken Body massage because I have a lot of tightness in my body from arthritis and back issues, I deal with a lot of pain on a daily basis. She recommended I request Meilton and that he would be great! I was extremely excited about this message, not having had a message in 6 months. I also was a resident in Hoboken years ago and was excited to come to the area. Meilton was amazing and really helped to alleviate all of the tightness/pain in my body. After the message I went to the front and gave my card to the person behind the desk. She swiped it once and immediately said "decline"! She asked me if I wanted her to swipe again and she did, immediately she repeated "decline"! This was the most embarrassing moment that I have been in concerning my card. I make a significant amount of money and I knew the money was in my account. I immediately got on the phone with Bank of America and for 20 min I sat in the front waiting to speak to a representative (I have also spoken to this about this issue). After not being able to resolve this situation. The person behind the front desk took down my card information and I headed back to Brooklyn. Over an hour travel, which i didn't mind because of all the expectations. Sitting on the train I was very frustrated and all of the pain came back to my body from the anxiety of the card situation inside your establishment. Went in to Bank of America the next day during my work hour to find out why they were reporting there was fraudulent activity on my card and why was my card deactivated. Representative stated when I was at your establishment, after the

first swipe my card accepted the charged and it was Not declined. But after the 2nd swipe Bank of America deactivated my card bc they thought someone was using my card for fraudulent activity. I called your establishment back with the Bank of America representative and spoke to someone on the phone. The representative wanted to make sure this issue was resolved and my card no longer had a block on it. Your employee stated the card still was not going through and asked me to use another card. I pride myself that I don't have credit cards and I depend on my own money that I work hard for that is in my account. No there was not another card and you'll created this situation. The Bank of America representative had to contact another department just to get the block off of my card. I spent 12 hours not being able to use my card and had to go out of my way to get this resolved. So in the end, I had a very frustrating experience at your establishment. Please make sure you properly train your employees on how to use your debit card machine. Bc this created a lot of issues for me. This overshadowed Meilton amazing massage! go to Hoboken Body massage because I have a lot of tightness in my body from arthritis and back issues, I deal with a lot of pain on a daily basis. She recommended I request Meilton and that he would be great! I was extremely excited about this message, not having had a massage in 6 months. I also was a resident in Hoboken years ago and was exited to come to the area. Meilton was amazing and really helped to alleviate all of the tightness/pain in my body. After the message I went to the front and gave my card to the person behind the desk. She swiped it once and immediately said "decline"! She asked me if I wanted her to swipe again and she did, immediately she repeated "decline"! This was the most embarrassing moment that I have been in concerning my card. I make a significant amount of money and I knew the money was in my account. I immediately got on the phone with Bank of America and for 20 min I sat in the front waiting to speak to a representative (I have also spoken to this about this issue). After not being able to resolve this situation. The person behind the front desk took down my card information and I headed back to Brooklyn. Over an hour travel, which i didn't mind because of all the expectations. Sitting on the train I was very frustrated and all of the pain came back to my body from the anxiety of the card situation inside your establishment. Went in to Bank of America the next day during my work hour to find out why they were reporting there was fraudulent activity on my card and why was my card deactivated. Representative stated when I was at your establishment, after the first swipe my card accepted the charged and it was Not declined. But after the 2nd swipe Bank of America deactivated my card bc they thought someone was using my card for fraudulent activity. I called your establishment back with the Bank of America representative and spoke to someone on the phone. The representative wanted to make sure this issue was resolved and my card no longer had a block on it. Your employee stated the card still was not going through and asked me to use another card. I pride myself that I don't have credit cards and I depend on my own money that I work hard for that is in my account. No there was not another card and you'll created this situation. The Bank of America representative had to contact another department just to get the block off of my card. I spent 12 hours not being able to use my card and had to go out of my way to get this resolved. So in the end, I had a very frustrating experience at your establishment. Please make sure you properly train your employees on how to use your debit card machine. Bc this created a lot of issues for me. This overshadowed Meilton amazing massage!

★★★★☆ by on 2016-10-11

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NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2016-10-10

My massage with Vanessa was fantastic!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-10-10

My therapist was friendly, professional and effective. She perfectly put me at ease, explaining the elements of the facial, giving me helpful advice as follow up. It was a lovely relaxing experience.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-10-10

Beautiful facility, great customer service, and the best massage I've ever gotten.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-10-07

Thank you thank you thank you! This is the go to place for prenatal massage!! Just when you think no one understands your frustrations, aches, pains, blah blah blah of being preggo, these gals know exactly what to do to relieve that nasty sciatica pain, super fun low back pain as your bump becomes a basketball, tired, sore feet and legs (charlie horses all night, thanks 3rd trimester...) and overall need for a little TLC and understanding. Thanks all at Body Balance, I feel human again!!! Red Bonk

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-10-05

Had a massage with a therapist new to me, Milletin (spelling?). He was phenomenal, enough good pressure to work out my knots with only a bare hint of that necessary pain that feels so relaxing later. All in all, I'll be back again and again! Highly recommend buying massages in 6-package bundles. Can't beat the savings!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2016-10-03

Best massage I've had in a long time. Jason took the time to consult with me prior to the massage and targeted the areas that had the most tension. It's hard to find a masseur that knows what they're doing.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2016-10-03

Knowledgable and friendly staff. Excellent customer service!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-10-02

Hisako gives the best facials and massages I have ever had. She is very kind and calming. She has given me numerous helpful tips when caring for my skin. She takes her time and does an excellent job. All the staff at Body Balance are kind and professional. There are so many services to choose from. I have become a regular client. I highly recommend Body Balance.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-10-01

The check-in and check-out experience is seamless and everyone is very nice and welcoming. Michael is very attentive and knowledgeable about injuries, muscles, etc. He gives the best massages!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2016-10-01

Great experience for a massage. Will definitely be back.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-09-30

Service was excellent, definitely Ill be back.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★★ by on 2016-09-29

My first massage and it was wonderful!! Full body and super relaxing! Worked all the tensions out and I couldn't feel better! Will definitely be back

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★★ by on 2016-09-28

Jason is an incredible force and provided me with deep healing and valuable input. I will be back very soon for more!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-09-27

My wife and I had the prenatal couple's massage. Deb and Mariah were great. They were able to relieve the tension from our muscles and worked us to the point of total relaxation. We most definitely will refer Body Balance to our friends looking for the right hands to relieve their tension.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★★ by on 2016-09-27

Was awesome - I was sore from a hiking trip and by coming to Body Balance, I was able to get all the kinks out. I felt great afterwards!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-09-26

Greg thoroughly worked through all my tension and was an amazing therapist.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2016-09-25

We were greeted immediately and taken promptly. ANd my massage was well done, relaxing and recovering. Will be going back!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2016-09-19

Very good job. I enjoyed it very much!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-09-13

The massage was very nice and relaxing. Because it was prenatal and I am only 13 weeks, it was hard to go deep in the lower back area where I am feeling the most discomfort. Overall I was relaxed and more flexible than when I arrived.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-09-13

Thank you deb for the best massage I've had ever. I had immense pain and inflammation around my neck and shoulder and I feel much better as a result. The staff was also amazing, very pleasant and the ambience is extremely calming . Will be back again this week

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2016-09-12

Masseuse was professional, asked questions, listened & adapted massage techniques to the needs of the client.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-09-08

It is the best massage and skin care place i ever been to. I been going there for over a year already. And I will continue to go. I've been to other places that are more expensive and it doesn't compare to this 1. The staff is incredible, kind and professional. Clean environment, price is great!! I'll recommend this place to everyone.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-09-06

Very professional and relaxing environment.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-09-04

Great 90 min massage with Greg.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-09-03

Gio was awesome. I already scheduled 3 follow-up visits. Looking forward to getting back there.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2016-09-01

Very professional and overall a great experience!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-08-30

Friendly service, helpful fitness tips and overall a great experience, especially when your muscles are out of sort. Debbie is the best!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2016-08-24

Great massage. Five stars. I can only give four stars overall because there was too much noise (fist pump music) from the restaurant below.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★☆☆ by Anon on 2016-08-24

I booked a prenatal massage and requested the table with the cutout for my belly. It provided very little support and my back was arched downwards towards the floor for a full hour of the massage. I finally asked to be repositioned because it wasn't comfortable or relaxing. I continued the remaining half hour in a side position but the

massage wasn't as effective. I left with more aches than when I arrived, which is a bummer. The treatment room as also very chilly. I would've preferred a warmer temperature when being disrobed.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2016-08-24

Loved my massage with Jason. One of the best I have ever had. We had a couples massage, room was great and relaxing. We both enjoyed ourselves and wish we had gone longer!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-08-21

I've been a client of Oana's for years now and I am never disappointed when I leave my facial appointments. She has helped me transform my skin. I've gone to many dermatologists and the treatment they prescribed never helped my acne. Oana is extremely knowledgable, thorough, and she honestly cares about helping you achieve the flawless skin you have always wanted. I would highly recommend her to anyone, anywhere.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2016-08-21

Great facial. Very relaxing and my skin felt and looked amazing afterwards. I will continue to go back as part of my skin care regime.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-08-20

Walked in with kinks, knots and stress. Walked out totally relaxed and feeling 100% better. Excellent experience. Best massage from Jason.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-08-14

My session with Dana Jacob was absolutely fantastic. It was my first with her, as my regular esthetician had moved away, so I was a bit apprehensive. But Ms. Jacob proved to be a complete professional and extremely knowledgeable about various products and facial techniques. I do appreciate her skin-care advice and the fact that she took the time to offer maintenance advice. Thank you.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-08-13

The massage and facial were wonderful! I will definitely be back, and will be telling my friends to come!

NPS:

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★★★★★ by on 2016-08-12

It's always a wonderful experience. I will be back!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-08-11

As a fitness instructor, it's the only place in town that gives me the massage my body needs to perform better & be healthier, hands down! It's worth it and always a pleasure working with the staff as well!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-08-08

The service is great and good value with their membership and Debra is the best!

NPS:

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★★★★★ by Anon on 2016-08-08

As always, my session was soothing and relaxing! I highly recommend it. DT

NPS:

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★★★★★ by on 2016-08-07

I had a wonderful facial at Body Balance. I will absolutely be returning in the future.

NPS:

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★★★★★ by on 2016-08-07

I had a prenatal massage by Jennifer and was very impressed by her professionalism and attention to detail.

NPS:

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★★★★★ by on 2016-08-02

My massage was amazing. It was the perfect pressure and she really understood how my body was feeling.

NPS:

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★★★★★ by on 2016-08-02

Very professional and well prepared staff

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-08-01

Good massage. Nice lobby. Room was bla and lacked decorations. \$69 for an hour is reasonable but returning customer rates are not competitive.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-08-01

great

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-07-31

This is the best massage I have had in a long time. I will be coming back for another massage with Jason.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-07-27

Everything was great! Ambiance, service, everything! And unlike so many other places, it was the full time that you paid for - a full 90 minutes of a massage! Loved it

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2016-07-27

Very comfortable experience with a very friendly therapist, who listened really well and gave good advise on my issue.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2016-07-27

As always, I left my facial feeling refreshed, relaxed and beautiful!

NPS:

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★★★★★ by Anon on 2016-07-27

Gio is amazing. I came in with a wicked knot in my back. She picked up on it being caused by my ribs pinching the muscle due to a funny misalignment. During my hour with her, she worked out the knot, and the rest of my back, while getting everything shifted back into place. Immediately I felt much better, and the following morning I was feeling great.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-07-27

Been coming to BB for 10 yrs now, so that says a lot! Mariah is probably the best therapist I've ever had. Closely followed by Michael who us awesome. Keep up the good work.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2016-07-26

I really enjoyed my massage, I was so relaxed I actually fell asleep at the end and the therapist had to come wake me up :)

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-07-26

Deborah gave me the best massage I have ever had in my entire life. Highly recommended!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-07-26

Lovely staff, clean facilities,

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-07-25

Debra was so warm and friendly. Her touch made me feel comfortable and relieved. She took care of all the pain and discomfort that comes with pregnancy. I loved her professionalism and her personal opinions on pregnancy. She is very knowledgeable and experienced. I would definitely return to another prenatal massage with Debra!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-07-22

Great experience. Friendly staff and a fantastic massage.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★☆☆ by on 2016-07-21

Massage itself was good BUT I came to relieve stress and the fact that my therapist was 15+ minutes late just caused me more stress. I had a very small window of time and her lateness caused me to worry the whole time that I wouldn't make it back in time. She didn't apologize for her lateness as if my time wasn't important. In my book, lateness is intolerable and traffic is no excuse. Morning traffic is ALWAYS bad - you leave extra early to compensate. Just bummed I spent that much money on it when going to my yoga class would have been a better bet.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2016-07-19

Excellent experience. Jennifer was extremely kind, knowledgeable, and professional. I look forward to my next massage at Body Balance.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-07-19

I fell asleep during my massage...enough said!

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by on 2016-07-19

I'll be back! The only thing I would ask is that you use oils instead of gels as it makes my eczema flare...

NPS:

0	1	2	3	4	5	6	7	8	9	10
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★★★★★ by Anon on 2016-07-19

I went for neck and shoulder issues after sleeping funny. Unfortunately the masseuse wasn't great with shoulders. I was actually feeling disappointed until he moved onto other areas. He then proceeded to give what may have been the best leg, butt, neck and scalp massage I've ever gotten. So it was a bit of a mixed bag. Even though he struggled with the area I was most interested in, there was more good than bad overall.

NPS:

0	1	2	3	4	5	6	7	8	9	10
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